THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

Issue 43

SEPTEMBER THROUGH DECEMBER 2009

FREE

What's Doing at Jewel Heart Tibetan Buddhist Center?

Gelek Rimpoche is Turning 70!

Kids in Motion –

A Look at Martial Arts Programs for Young People

Visiting "Pick Your Own" Farms

What's New in the Community • Free Calendar of Local Classes • Transition Ann Arbor • The *For Generations to Come* Project • Questions for Sandra Moss about Ayurveda, and for the Krajovics about Transformational Breathwork • Melanie Fuscaldo • Debbie Merion • Judy Stone • and More

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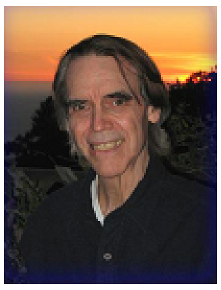

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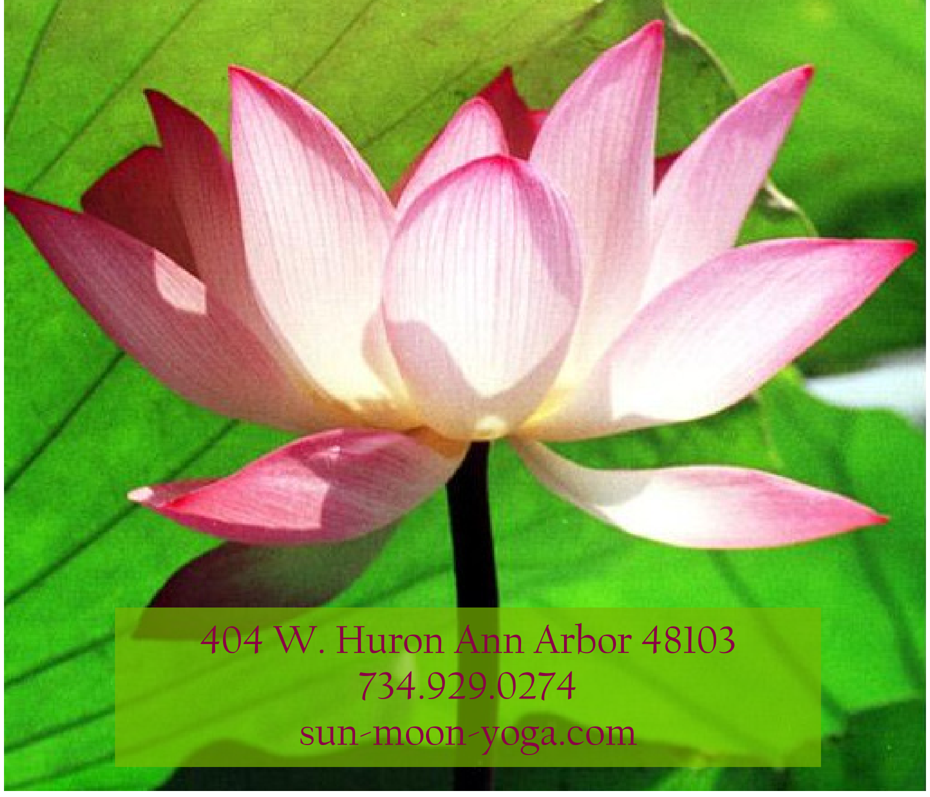

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Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

For more information on upcoming events including retreats and public meditations please call or email:

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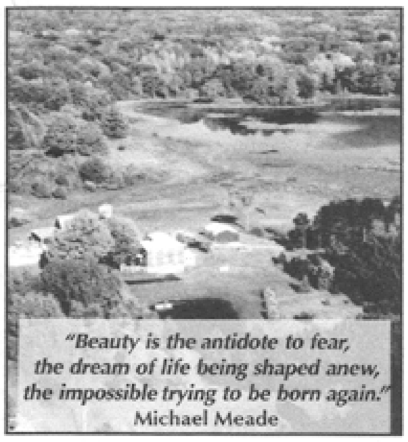
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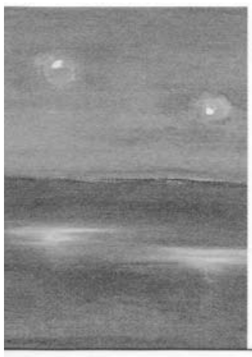

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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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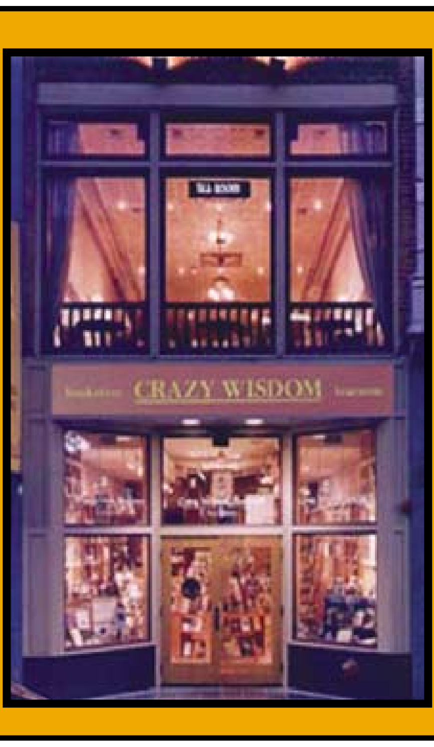
Calendar Submissions:
The **deadline for free calendar submissions** for the January thru April 2010 issue is **Monday, November 16**

Ad Submissions:
The deadline for paid advertising is **Wednesday, December 2**

The issue will be distributed starting the final week of December. 5,500 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 65 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

Sarah Abrams and Thea Bilich of Quest Martial Arts

"*For Generations to Come* Sanctuary is part retreat, part learning, and part environmental center."



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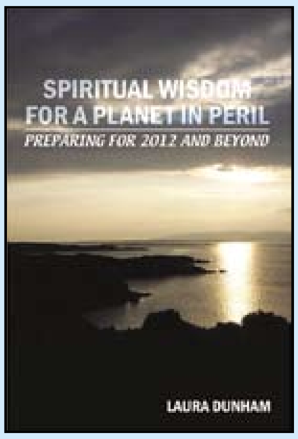
Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Calendar Editor: Sarah Newland. Production and Design Editors: Molly Nuzzo and Carol Karr. Front Cover Design: Carol Karr. Second Cover Design: Molly Nuzzo. Advertising Coordination: Carol Karr and Bill Zirinsky. *What's New Columnist*: Jennifer Eberbach. Senior Photographer: Linda Lawson. Photography: Mary Runser, Linda Lawson, Sarah Rigg and others. Cover Photo by Peter van Wanrooij, courtesy of Jewel Heart. Writers for this issue: Debbie Merion, Sarah Newland, Rachel Pastiva, Sarah Rigg, Mary Runser, Judy Stone, Bill Zirinsky. New Page Designs: Carol Karr. The Crazy Wisdom Calendar, and some of the articles in this issue, are posted on our website as of September 7, 2009. Background Information on the Teachers, Practitioners, Workshop Leaders, and Centers listed in the Calendar are also posted on our website as of September 7, 2009.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

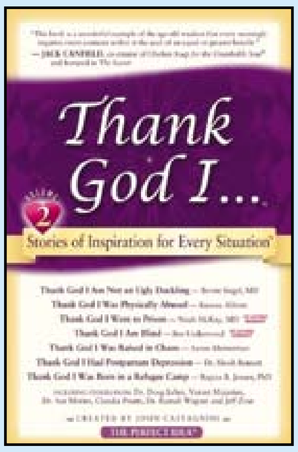
Author Events at Crazy Wisdom Bookstore

Crazy Wisdom's Author Events provide a wonderful opportunity to discover new books, and talk to the authors about their work.


SPIRITUAL WISDOM FOR A PLANET IN PERIL
PREPARING FOR 2012 AND BEYOND
LAURA DUNHAM

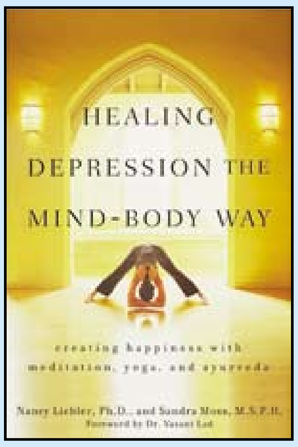
Sunday, September 20, 2 – 4 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Laura Dunham, author of *Spiritual Wisdom for a Planet in Peril: Preparing for 2012 and Beyond*. Detroit native and part-time resident Dr.. Laura Dunham has spent a lifetime helping people make life-enhancing decisions. Throughout her careers in higher education, financial planning, and ordained ministry, she has been a recognized leader. As spiritual energy healer, teacher and author of five books, Laura shares her expertise with audiences worldwide.

Tuesday, September 22 at 7 p.m. in the Crazy Wisdom Meeting Room. Poetry Reading with Marvin Brandwin, from his book, *A Smorgasbord of Verse.* The Collection of poems is a potpourri of food related rhymes having ingredients of humor and empathy, at times seasoned with a pinch of cynicism. Marvin Brandwin is an Emeritus Professor of Psychology in the Department of Psychiatry at the University of Michigan

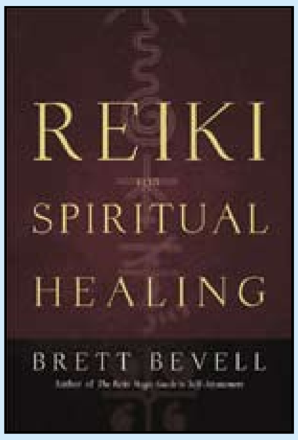


Sunday, October 11 at 1 p.m. in the Crazy Wisdom Tea Room. Book signing and Talk with Dennis Ortman, author of *Transcending Post-Infidelity Stress Disorder (PISD): The Six Stages of Healing*. This book is intended for the general public, particularly those who have been traumatized by infidelity and seek a way of recovery from the pain. Dr.. Ortman obtained a doctorate in clinical psychology from the University of Detroit-Mercy and has been a psychologist in private practice for 17 years.

Thursday, November 5 at 7 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Nina Howard, author of the story "Thank God I Came from a Dysfunctional Family" which appears in the book *Thank God I… Stories of Inspiration for Every Situation, Volume 2.* Growing up in a dysfunctional family teaches us what we do not want in adulthood and often the situations we experience such as neglect, abuse or shame is the impetus for growth and puts us on a spiritual path. Being grateful for these experiences helps us to become a master of our lives. Nina Howard is the owner of Bellanina Day Spa & Institute in Ann Arbor, and she is an artist, healing artist and entrepreneur.

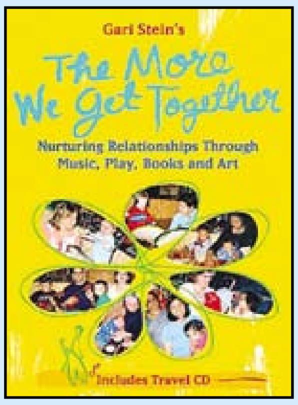

HEALING DEPRESSION THE MIND-BODY WAY
creating happiness with meditation, yoga, and ayurveda

Sunday, November 1 at 3 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Sandra Moss, author of *Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda..* The book shines a new light on the darkness of depression by presenting specific anti-depression strategies designed to help you unleash your innate healing potential. This unique book offers a comprehensive step-by-step program for eradicating the root of depression from the physical, mental, emotional, and spiritual aspects of your being. Sandra Moss, M.S.P.H. is an Ayurvedic practitioner and a member of the National Ayurvedic Medical Association, practicing in Ann Arbor, Michigan.

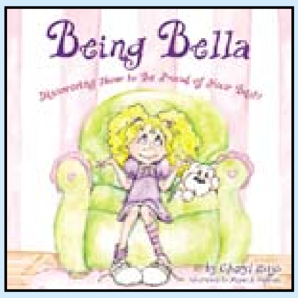


Sunday, November 8 from 2 p.m. - 4 p.m. in the Crazy Wisdom Tea Room. Book signing and talk with Brett Bevell, author of *Reiki Magic Group Energy Healing*. Reiki Master and author Brett Bevell will read from his book *Reiki for Spiritual Healing* and demonstrate revolutionary techniques that are entirely new to the Reiki system. Techniques include how to access an amazing new tool called the *Universal Reiki Healing Grid,* how to create a *Reiki halo*, and how to manifest *Reiki holograms* for intensive healing. Brett is the author of four books and teaches regularly at Omega Institute for Holistic Studies in Rhinebeck, NY and at The Sanctuary in Koh Phangan, Thailand.

Kid-Focused Author Events



Saturday October 10 at 10:30 a.m. in the Crazy Wisdom Tea Room. Sing-A-long & Book Signing with Author Gari Stein of *The More We Get Together*. Join us for an interactive music and movement program. Together we will sing, dance, shake, wiggle, enjoy a book and share laughter and hugs.



Sunday, October 4 at 12:30 p.m. in the Crazy Wisdom Tea Room. Meet the author of *Being Bella: Discovering How to Be Proud of Your Best* and enjoy an interactive storytime with crafts and activities. Cheryl will read her motivational children's book *Being Bella* with the help of her audience. All children will create a "Proud of my Best" headband, sing songs, work on coloring pages, mazes and word searches that tie into the secret messages of the book.

Crazy Wisdom Bookstore and Tea Room
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What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within our Ann Arbor/Ypsilanti and surrounding areas' Mind-Body-Spirit communities, new (during the past year) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Businesses and Practitioners

The Lotus Center of Ann Arbor, a new integrative holistic healthcare clinic, houses a team of experienced independent practitioners whom offer a comprehensive and complementary selection of therapeutic services. Acupuncturist and Chinese herbalist Brodie Burris and his wife, Amy, who serves as director, founded the center due to "a need for a space that could offer a wide variety of modalities all under one roof." The center also hosts classes and workshops in its multi-purpose space, which "provides additional opportunities for education, health, growth, and spiritual transformation."

Brodie Burris and some of the staff of the Lotus Center
(Back row, left to right: Anne Biris, Drew Schmieding and Brodie Burris. Front row, l to r: Jody Kohn, Heather Sloan, Jeanne Ballew)

The established practitioners working at the center include three acupuncturists and Chinese herbal medicine experts, Brodie Burris, Heather Sloan, and Anne Biris. "We all have our own twist and our own way of practice," Heather says. Paul Dugliss, M.D., is another practitioner at the Lotus Center. He uses the center as his home base in Ann Arbor when he is in town, and he practices Ayurvedic and Internal Medicine. Visitors to the center can also work with psychotherapist and social worker Jody Kohn, massage therapists Kait Kiem and Emma Greene-Kaleski, neurofeedback expert Michael Andes, structural integration / rolfer Drew Schmieding, polarity therapist Eril Andes, and Reiki practitioner Jeanne Ballew. The Lotus Center also features an extensive herbal pharmacy.

Some of the practitioners who work at the Lotus Center use it as their primary location, while others split their time between the center and other businesses or private practices. "I wanted to bring each of them in because they are all highly conscious, loving, healthy people who are high-caliber practitioners in their specific modalities," Brodie explains. Individuals seeking therapeutic services may, of course, choose to work with only one of the Lotus Center's practitioners, yet the center gives people the opportunity to work with multiple practitioners to tackle their ailments from different angles - without having to travel all over town. The center's wide variety of offerings also allows for "rich cross referral opportunities," as well as the opportunity for practitioners working in different modalities to "bounce ideas back and forth about the challenges we are facing with certain patients," Brodie says. (He emphasizes that personal information is shared only with the patient's informed consent.)

The multi-purpose educational space, which Brodie envisions as a "venue," is available for rental, and it is fit for myriad uses including lectures, yoga, Tai Chi, meditation, martial arts, personal training, Qi-Gong, group therapy sessions, and other classes and workshops that are related to the center's integrative mind-body-spirit focus. This space is relatively small and most suitable for groups of 8 to 15 people, according to Brodie. "It was intentionally created that way because I think that's the perfect size for people to get the most out of a class," he explains.

Upon visiting the Lotus Center, you immediately enter a calm, relaxing environment. The building was completely gutted, remodeled, and designed to serve this purpose. Neutral tones, the sounds of water trickling down a large wall fountain, beautiful art pieces, and an inviting waiting room create a sense of serenity. "I wanted it to be a therapeutic experience from the moment you walk in the door, from start to finish," Brodie says, adding that the design "was a fun opportunity for creative expression." The Lotus Center of Ann Arbor is located at 2711 Carpenter Road. For more information, visit www.TLCAA.com, or call the center at (734) 975-2745.

Licensed naturopathic physician Dr. Diana Christoff Quinn, ND, opened Naturopathic Women's HealthCare, last year. At that time, midwife Stacia Proefrock started working from the clinic. This spring, two more practitioners, psychotherapist Sierra Hillebrand and acupuncturist and Oriental medicine practitioner Stephanie Macey, joined the ranks. Diana opened the space "with the intention of creating the seeds of an integrative women's health center." She sees value in bringing together these independent practitioners "because we all offer such complimentary services and modalities," she says.

Midwife Stacia Proefrock owns Trillium Birth Services, and she provides in-home birth services, doula services, and fertility counseling. She works with women throughout the stages of their pregnancy, from prenatal to postpartum care. Beyond offering these services, she is on the board of the Michigan Midwives Association and offers classes through the Trillium Learning Community.

Psychotherapist Sierra Hillebrand specializes in life transitions, trauma, health psychology, and parenting and relationship issues. She holds an M.A. in humanistic and clinical psychology and is currently pursuing her Ph.D. at Pacifica Graduate Institute. She has also practiced as a midwife, doula and childbirth educator, and is one of the original founders of Trillium Birth Services. She provides psychotherapy to individuals of all ages, couples, and families.

Stephanie Macey is a licensed acupuncturist and Oriental medicine practitioner, with an educational background and clinical experience in Traditional Chinese Medicine, which includes acupuncture, herbs, nutrition, and massage. Her treatments address a

Continued on page 8

The staff of Naturopathic Women's HealthCare
(From left to right: Sierra Hillebrand, Diana Christoff Quinn, Stacia Proefrock and Stephanie Macey)

What's New in the Community

Continued from page 7

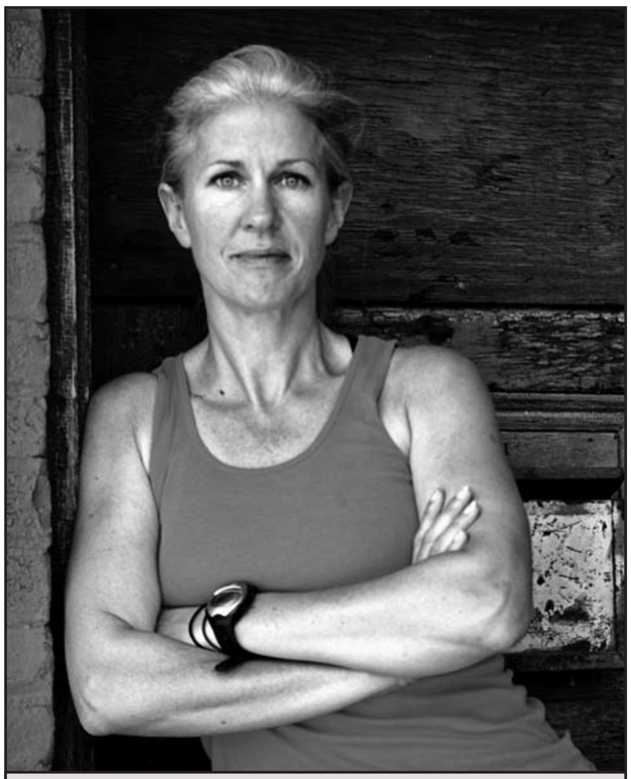
variety of issues including pain, addictions, infertility, chronic fatigue, pregnancy and breast-feeding issues, menstrual disorders, digestive problems, anxiety, depression, and insomnia. She has also been a Registered Nurse of sixteen years, with hospital experience in critical care and cardiac nursing.

Dr. Diana Quinn specializes in women's health, endocrinology, and chronic illness, and offers services in a range of modalities including therapeutic nutrition, botanical medicine, homeopathy, biotherapeutic drainage, and hydrotherapy. She explains that an underlying philosophy of naturopathic medicine is "the healing power of nature, meaning that the living organism has an inherent ability to heal. My job as a naturopathic doctor is to enhance that process and remove any obstacles that are in the way."

Aside from running her private practice, Diana works once a week at Beaumont Hospital, in its Integrative Medicine program, and she gives lectures and provides community health education. She is also the President of the Michigan Association of Naturopathic Physicians and functions as a "legislative activist" with a mission "to promote awareness and access to naturopathic medicine in Michigan," as well as "establish licensure and regulations for naturopathic physicians who have been trained at accredited institutions." She sees this work as an important part of "bridging conventional and alternative medicine" and ensuring "high quality, safe care" to patients.

Diana stresses that naturopathic physicians "provide adjunct care that augments the work people are doing with their primary care doctors and specialists." By "working as a liaison and patient advocate," she keeps patients' primary care physicians informed about the holistic treatments and natural substances they are using in order to ensure that therapies and medication do not conflict or contraindicate.

Whereas conventional medicine "can tend be reductionist" and "segments and deconstructs the person into separate organ systems," a holistic approach to healthcare looks at "the whole person and how everything is interrelated," Diana explains. Although she recognizes that both men and women experience frustration with conventional medicine, she thinks, "this is particularly true for women, who often feel undervalued and unheard." Naturopathic Women's HealthCare is located at 220 North 5th Street in Ann Arbor. To find out more about the center and Dr. Diana Quinn, visit www.naturopathicwomenshealthcare.com, or call (734) 769-4981.



Personal fitness trainer Julia Collins

Personal fitness trainer Julia Collins, who owns Ypsi Studio, completed willPower & grace™ phase II training with creator Stacey Lei Krauss. This group exercise class combines dance, plyometrics, Pilates, and yoga set to music. "It is one of the most challenging, sweaty, glorious classes I've ever taught," she says. Julia and Debbie Smith teach the class every Wednesday, beginning at 6 pm, and Saturdays, beginning at 10 am.

The class is done barefoot without weights or tools. Julia explains that "the philosophy of the class is based on the fact that we spend most of our time in shoes that are very supportive of your feet, so your feet, ankles, and legs tend to get a little bit lazy." Working out in bare feet "strengthens your muscles like no other aerobic class I've ever taken," she says. The class emphasizes relying on one's own weight to strengthen the body. "If you use your own body in an efficient and consistent way, you will get stronger. You don't need to have a bunch of equipment. There's really nothing more efficient or more convenient, for crying out loud!" Julia exclaims.

The class requires a great degree of mental and physical discipline. Julia reports, "It's all about making your own progress," which "is really empowering." All fitness levels are welcome, and students are encouraged to "modify it if you are new, or you can make it more intense after you've been doing it for a while," she says. For more information, visit Stacey Lei Krauss' website, www.willpowerfit.com, or visit Ypsi Studio online, at www.ypsistudio.com, or phone the studio at (734) 845-0542. The studio is located at 208 W. Michigan Ave. in downtown Ypsilanti.

Growing Hope's Shalonda Casanova and Family

Ypsilanti-based nonprofit Growing Hope created the Four Square Society last summer, a research initiative aimed at supporting people who want to grow their own food on small 4 x 4 square-foot plots, especially in urban areas. In light of funding from the Michigan Institute of Clinical and Health Research, through a collaborative grant with the U of M School of Social Work, they were able to install raised beds for 40 low-income or no-income families in Ypsilanti, and 40 more are planned for Fall. The install project supplies families with the beds, as well as seeds, compost, and other supplies, at no cost to them. Families are also assisted by garden mentors, who teach them how to grow food and support them along the way.

The initiative was created as a community-based research project "to find out what could be grown on small plots by the community, from the ground level," explains Ryan Parish, who coordinates the program. Participating families keep track of their progress by filling out pre-test and post-test surveys and contributing their photos and stories to a blog. This research is aimed at "identifying trends, putting a finger on the pulse of what is going on," identifying best practices, and finding out "if the gardens actually improve quality of life over the course of one growing season," he says.

"Our goal with the project is to eventually take this research and go to the USDA and other major funders, and to be able to get granting that will subsidize these for whomever in the community needs it. We are actually trying to organize for that, regardless if we get funding," Ryan explains. The Four Square Society is currently compiling a contact list of eligible families in preparation for potential future projects. If you are interested in being considered for the program or would like to volunteer, phone Growing Hope (734) 786-8401, or email Ryan at ryan@growinghope.net

Chiropractor and Master in Nutrition Response Testing Dr. Mark Perlmutter and Massage Therapist Michelle Clemens recently opened *Ann Arbor Center for Natural Healing*. Mark explains the benefits of combining these areas of expertise, by stating, "Chiropractics is certainly about more than just pain, it's about true health and overall health as well. It's a structural way in. Then nutrition is the chemical way in. You put those two things together and you add massage to that, and you are really looking at a complete way to support people in maintaining and regaining health."

Aside from being a chiropractor for the last 21 years, Mark conducts Nutrition Response Testing, which allows him to "pinpoint nutritional deficiencies," through muscle testing. The modality involves locating a healthy muscle, usually in the arm, and then applying slight pressure over different organs. "If there is some lack of proper functioning in that organ, the organ perceives a threat and draws resources away from the arm that I'm muscle testing and the arm goes weak in that moment. If there is no threat, then the arm stays strong," he explains. Then he provides patients with whole food supplementation, homeopathic remedies, and herbals, and counsels them on their diet. The clinic also hosts classes that educate people about nutrition.

Michelle Clemens offers a full range of massage services including integrative therapeutic massage, pregnancy massage, myofascial therapy, neuromuscular therapy, hot and cold stone therapy, and reflexology. She also acts as a patient advocate during Mark's clinical nutrition hours, by providing counseling and fielding questions. Find out more about the Center for Natural Healing online, at www.chiropractorforlife.com, or phone (734) 929-4048. The clinic is located at 2433 Oak Valley Drive, Suite 100B.

Sun Moon Yoga Studio is offering "Multidimensional Yoga Therapy," a 500-level advanced professional yoga therapist certification program. Previous completion of a minimal 200-level certification is required to enter the program.

According to Sun Moon's founder Sondra O'Donnell, the program "offers a strong foundation to help clients on the physical, psycho-emotional, and spiritual levels," she writes. Graduates are eligible to register with the Yoga Alliance for 500-level status. To find out more, visit www.multidimensionalyogatherapy.com or the studio's main website, at www.sun-moon-yoga.com

Psychotherapist and Social Worker Jody Kohn has added yoga to her Wednesday evening chronic pain support group, which meets from 6 - 8 pm at the Lotus Center. Yoga Instructor Janine Polley will provide "individualized instruction on yoga poses, breathing, and relaxation that people can take home with them to relieve some of their pain" Jody says. The first half of the group allows people to talk about and share the issues they are having with their chronic condition. For more information, phone the Lotus Center, at (734) 975-2745, or email Jody, at seekinghealth@comcast.net.

Reiki practitioner, massage therapist, and energy worker Julie Neese became a Master in Usui Reiki this year. She achieved this from within the stones of Stonehenge. She is now offering monthly level I, II, III, and Master Teacher Reiki classes through her business Neese Holistic Therapies, by appointment only. Julie has over 24 years of healthcare experience, and she also specializes in Shiatsu. Contact her by phone (734) 646-2710, or email julieneese@msn.com for more information.

The "Atlantean Crystal Healing Meditation" group gathers the second Wednesday of each month at the Lighthouse Center in Whitmore Lake, from 7 - 9 or 9:30 pm. Facilitators Judy Shepard, Christine Fodor, and Reverend Noel Yokin started the gathering "to give everyone, especially healers, a place to recharge and clear so that they can heal and be healed," Judy writes. The meditation includes an explanation of BioGenesis crystals, guided meditation, and a blessing of Mother Earth. The Lighthouse Center is located at 740 East Shore Drive, Whitmore Lake.

Photo courtesy of Jewel Heart

Tibetan Buddhist teacher and spiritual leader, Gelek Rimpoche, is turning 70!
(*See article below, and feature on Jewel Heart on page 14.*)

Upcoming Events

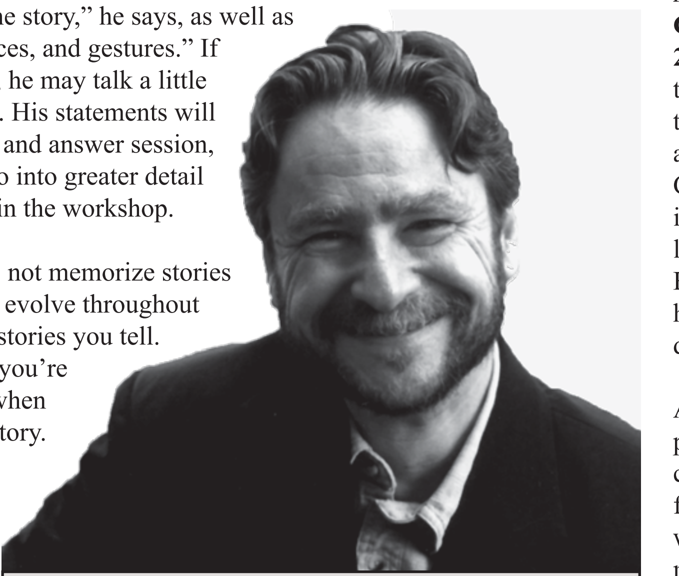
Storyteller, award-winning author, and practicing Zen Buddhist Rafe Martin is traveling from his home in Rochester, New York to share his insights at the Ann Arbor Zen Buddhist Temple the weekend of October 16th - 18th. On Friday, October 16th, beginning at 7 pm, Rafe will give a storytelling performance. Then, his storytelling workshop, entitled "Empowering Our Lives through the Imagination" will occur on Saturday, October 17th, from 10 am - 1 pm. He will also speak at the temple's Sunday morning service, on October 18th, beginning at 10 am, and the public is welcome to arrive early for meditation at 9:30 am.

Martin says that storytelling is "an exploration of our own imagination through narrative." He will tell stories from the Buddhist tradition, as well as tales from other cultural traditions. "I'll probably focus on Buddhist stories, but so many of the world's traditions enter into this realm of wisdom and compassion." His stories will most likely include fascinating Jataka tales, which tell stories of the Buddha's past lives. These tales, which he has incorporated into many of his books, are "visions of the transformative potential of every life form and every station in life," whether animal, spirit, tree, enlightened sage, beggar, or even a robber.

Rafe's Friday evening performance is geared towards all ages, including children who are old enough to sit quietly and listen. "I never tell, I'll be telling this story or that" in advance, he explains. However, he says his stories will "examine, explore, and embody wisdom and compassion, which are two of the key marks of Buddhist traditions in general."

His workshop on Saturday is "open to writers, storytellers, teachers, librarians, parents, grandparents, or anyone who has interest in making stories come alive," he says. He will begin the workshop by teaching "how not to memorize the story," but rather how to "visualize the story," he says, as well as "the role of our bodies, faces, and gestures." If participants are interested, he may talk a little about how to write stories. His statements will be followed by a question and answer session, which will allow him to go into greater detail about topics he brings up in the workshop.

Rafe explains that he does not memorize stories because "you are going to evolve throughout your life," along with the stories you tell. "If you memorize it, then you're stuck with what you had when you first started telling a story. That story is going to be teaching you, which is transforming you as a human being," he says. He elaborated, "Mostly you memorize because you're frightened. You don't want to forget the story and be embarrassed in public, but actually memorizing it makes you more vulnerable to making mistakes, whereas, if you tell it from the heart, from what you've actually seen and experienced in journeys into your own imagination, then what emerges is always going to be true and right, and you can rebuild it as you need to."



Storyteller, award-winning author, and practicing Zen Buddhist Rafe Martin

During his talk at the Sunday morning service, Rafe is planning to focus on Buddhist and Zen Buddhist stories in order to explore how stories work towards "empowering our imagination as practitioners," he says. While some think "reality is over here and that's what I want from Zen, and story and imagination is over here, and that's for kids, what I'm saying is, no! The imagination, mind, and reality are really the same thing," according to Rafe.

In closing, he explains that stories "organize our minds into patterns that have consequences in how we live." According to him, "the characters you love, those joys and sorrows, the excitement and adventures, and all of the things you go through when you are reading a book or hearing a story are all you. In the room, there are only sounds on the air, and in the book there are only squiggles on the page." Find out more about Rafe on his website, www.rafemartin.com. The Ann Arbor Zen Buddhist Temple encourages people to phone them for information about pricing and opportunities for scholarships, at (734) 761-6520. The temple is located at 1214 Packard Street.

Ann Arbor-based Jewel Heart Tibetan Buddhist Center will celebrate founder Gelek Rimpoche's 70th birthday with three days of special events, on October 24th - October 26th. Gelek Rimpoche, an incarnate lama within the Gelugpa tradition of Tibetan Buddhism, fled to India fifty years ago, at the age of 20, in order to escape Chinese Communism in Tibet, and he has been living in the Ann Arbor area since the mid-1980's. (One of his long-time students, Aura Glaser, founded Crazy Wisdom Bookstore in 1982.) As many of our readers know, Gelek Rimpoche is widely considered to be an important spiritual leader, Tibetan Buddhist teacher, lecturer, and author, and he has introduced many in the West to Tibetan Buddhism. He has also been instrumental in preserving Tibetan manuscripts. Despite his position, he is a humble man. "People can bow down to the Buddha as much as they want, I don't care. But not for me!" he laughs.

About his life, he says, "The greatest joy in my life, so far, was childhood, particularly childhood in the monastery," where he found "a tremendous learning capacity, wonderful friends, great masters, and a fantastic atmosphere that was really free of those pressures you have today." In his opinion, "younger people always have wisdom. Every idea that the younger generation has may not work, but that doesn't mean that older ideas are right. We say 'old wisdom' but the younger generation has fantastic ideas," he says, pointing at me typing away on my MacBook computer as an example.

Continued on page 10

What's New in the Community

Continued from page 9

He admits that he has always been rather uncomfortable with his role as a teacher, stating, “It was really people’s demand. My old master was telling me to teach and really pushing me into it.” Even with decades of experience under his belt, he finds that “teaching is not easy,” especially giving spiritual lectures, which have to be “spontaneous,” as opposed to “academic lectures that you prepare,” he says. “What you are saying has to be true. It cannot contradict the direct mind or reliable sources,” and “it has to be suitable for the person you are talking to,” as well as “use a little humor” at the same time. “Being spontaneous while keeping these things in mind has given me a lot of grey hairs. It really has!” he laughs.

Gelek Rimpoche says that Tibetan culture is “in danger” at least in part because “the language is very endangered there. Now there is a huge influence from China and outside China over the original Tibetan language.” He adds, “Tibetan literature is such a rich literature. It contains rich spiritual information. This language is not only the language of Tibetans, but it contains tremendous treasure for the whole world.” He makes the point that “you can’t preserve dress,” gesturing to the western-style clothing he wears. “If you want to preserve Tibet, you have to preserve language.”

In his lifetime, he has seen Tibetan Buddhism’s reception in the western world transition from virtually unknown to “popular,” which he attributes to its incorporation into beatnik culture, on the one hand. “Then on the other hand, you have people like Timothy Leary, Ram Dass, and those people doing LSD experiments at Harvard,” who “kept thinking that they are discovering unchartered territory,” he explains. Then came “Hollywood,” and then “all the artists followed, and then everybody else.” Today, he sees scientists taking an interest, however “they are not looking for compassion, they are looking for the wisdom of the Buddhist mind.” Ultimately, although more people are familiar with Buddhism now than when he first came to the United States, “Buddhism is still a stranger in many ways.” Looking towards the future, he cannot predict what will happen, stating, “It might not come out the other end as Buddhism. It will come out as whatever it is.”

Despite Tibetan Buddhism’s “abstract” existence in the western world, he truly appreciates the level of commitment many people in the Jewel Heart community have to seriously studying what it is really about. Above all, he wants to thank the Ann Arbor area community for “giving me shelter, giving me support and being kind. I am very grateful. With open arms you embraced me,” he concludes.

Gelek Rimpoche’s birthday celebration will kick off on October 24th with a performance by the Not Yet Ready for Enlightenment Players. On the afternoon of October 25th, Jewel Heart will host a tea and appetizer birthday celebration. Then he will be honored with a Tenzhuk, a Tibetan Buddhist long life ceremony, on October 26. Some of the details are forthcoming. Jewel Heart encourages you to phone them at (734) 994-3387 for further details as the celebration approaches. Find out more at www.jewelheart.org. Jewel Heart is located at 1129 Oak Valley Drive.

The Ann Arbor District Library will host a series of films that are likely to be of interest to our readers. Each of the three films explores the stories of individuals and communities, who face personal and collective challenges in today’s social, political, and economic climate. The series is co-sponsored by the U of M Michigan Community Scholars Program, and each film will include post-film discussions led by MCSP faculty, students, and special guest speakers. All of these films will be held in the downtown Ann Arbor branch’s multi-purpose room, located at 343 S. Fifth Ave, on Thursday nights from 6:30 - 8:30 pm.

On September 24th, “Bílal’s Stand” tells the story of a Detroit high school senior, who must choose between his dream of going to college and taking over his family’s taxi stand. The film is based on the life experiences of writer and director Sultan Sharrief, who will lead a discussion with producer and U of M professor Terri Sarris.

On October 15, “Asparagus! Stalking the American Life” explores the fate of asparagus farmers in Oceana County, Michigan, who find themselves “in the middle of international drug policy and the turbulent global economy,” after the “U.S. War on Drugs ushered in a free trade agreement that threatened to take it all away,” according to the announcement. Co-director Anne de Mare will lead the post-film discussion.

On November 19, “Fremont, USA: A City’s Encounter with Religious Diversity” investigates one of America’s most multicultural cities. “Through civic engagement and interfaith action, strangers have become neighbors in this American city,” according to the announcement. However, the city has also faced challenges, especially after Alia Ansari, a Muslim woman, is murdered. Director Ellie Pierce of the Harvard Pluralism Project will lead the post-film discussion.

Yoga instructor and massage therapist Carrie Honore will lead “Yoga for Children with Special Needs” at Evolve Yoga Studio in Canton, every second Thursday of the month, from 11:30 - 12:15 pm. This therapeutic yoga class is designed for children with Down syndrome, Cerebral Palsy, and other developmental delays. Parents and their children attend the class together to share “a loving and peaceful time,” according to the class announcement. Evolve Yoga Studio is located at 7986 Lilley Road, in Canton. For more information, visit www.evolve-yoga.net

Bodywork practitioner and massage therapist Rachel Latvala

The second annual HomeGrown Festival will be at the Ann Arbor Farmers’ Market, on September 12 from 5 - 10 pm. The festival’s mission “is to serve as a catalyst to increase local consumption and production of local, sustainably grown foods and products.” This year’s festival will feature local / regionally produced food provided by local restaurants, demonstrations by local chefs, educational activities and entertainment for kids, information from non-profit organizations, live music, and opportunities to buy locally made products, and local farmers will be there to share information about their growing techniques. For more information about the HomeGrown Festival, visit http://homegrownfestival.org

Non-profit ONE PEACE is celebrating the United Nations International Day of Peace by hosting “Creating a World That Works for All,” on Saturday, September 19th, at Schoolcraft College VisTaTech Center, in Livonia, from 1 - 4 pm. The event features special guest speaker and author Dr. Sharif Abdullah, “Insightful Meditations” with Kathy Bindu Henning of Present Moment Meditation and Reverend Matthew E. Long of Peace Unity Church and Holistic Center, as well as poet Willowbei Eversole, area musicians, and more. Suggested attire is logo-free whites. There will also be a concert fundraiser on September 17th, beginning at 7:30 pm at the Unity of Livonia church. Visit www.OnePeace.us for more information.

Yoga Instructor Nancy McCoachen will lead “Yoga at the Wall” at Evolve Yoga Studio in Canton, on September 26 from 1 - 4 pm. The class will explore how using the wall benefits your yoga practice, by providing support when doing yoga postures. Using a wall also “teaches us about alignment and cultivates sensitivity to our barriers,” according to the class announcement. Evolve Yoga Studio is located at 7986 Lilley Road, in Canton. For more information, visit www.evolve-yoga.net

Anusara yoga therapist Desire'e Rumbaugh will lead a workshop at the Eagle Crest Marriott Resort in Ypsilanti, October 14th. From 10 am - 1 pm, she will lead “Yoga to the Rescue: From Pain to Possibilities,” and she has recently released a DVD with the same title. From 2:30 - 4:30 pm, she will lead “Anusara Yoga: Shining from the Inside Out,” which will include asanas that, according to the announcement, “Build on the transformative power of the morning’s therapeutics.” Yoga House hosts the event. For more information and to register by October 1st, visit www.yogahouseannarbor.com.

Art Therapist Susan Boyes will lead a new Mandala art workshop at Crazy Wisdom, on October 18 from 1 - 3 pm, on the occasion of the New Moon. Susan writes that the practice of creating and meditating upon Mandala imagery “has been used to help focus attention, to clear the mind, to access deeper levels of consciousness, to attain spiritual connection and knowledge, and to work towards wholeness and integration.” The workshop is open to people will all levels of artistic skill, and materials and supplies will be provided. For more information, visit www.centerforcreativegrowth.com/workshop

New Practitioners and Businesses

Bodywork practitioner and massage therapist Rachel Latvala is offering Rossiter System® workouts and sessions in Ki-Hara Resistance Stretching. In her sessions with clients, she aims at alleviating their pain, balancing the body, and building strength. She originally started out as a massage therapist after graduating from the Ann Arbor Institute of Massage Therapy. "It didn't suit my energy. I wanted to find more interactive techniques," she says. Rachel treated me to two sessions in order to give me a taste of these lesser-known modalities.

During each of my sessions with Rachel, she began by "mashing" me, which is best described as a foot massage. No, she did not massage my feet. Rather, she used her own feet to loosen up my muscles before introducing me to the specific techniques of Rossiter and Ki-Hara. She explained, "Using your feet is easier on the practitioner and it also allows me to give a deep massage without getting tired out so quickly."

In a Rossiter session, Rachel uses her feet to apply deep pressure to particular spots on the body. Then she instructs her clients through a series of movements, stretches, and "locks" that work the connective tissues, which includes ligaments, tendons, and fascia. It can be quite painful while you are doing it. However, I experienced a great deal of relief once she took her foot off. "It's supposed to hurt," she explains. "It takes you to the edge and then you go past it. You seek our your own pain. Only by going past pain can you get rid of it," she says.

Ki-Hara Resistance Stretching is "a form of therapeutic stretching in which the muscles are elongated while contracting," Rachel tells. A session involves strength training, or "concentric training," in which "the trainer resists the clients and the client wins," and resistance stretching, or "eccentric training," in which "the client resists the trainer and the trainer wins," she explains. Aside from two-person sessions, Ki-Hara can be done on your own, by resisting against yourself.

The goal of Ki-Hara is not to exert as much force as you can, nor to make the muscles as long as you possibly can. "A muscle is only truly flexible to the point where it can continue to resist while being lengthened. When a muscle can no longer contract, it is being over-stretched or substitution is occurring, and the muscle is subject to injury," she explains. The modality is beneficial because it causes an "immediate increase in strength and flexibility," the client's "joints have more stability," they experience "enhanced balance and self image," it "detoxifies the tissues," and the client experiences "increased biomechanical efficiency including power, speed, and acceleration," according to Rachel.

Personally, I found the sessions very interactive. They required me to constantly remain aware of what was going on in my own body and actively participate in the treatments. I also noticed that Rachel demanded constant feedback about what I was experiencing and what I needed, which I found helpful and beneficial. All in all, she was very attentive and willing to adapt depending on how I was feeling on a particular day and what I was trying to accomplish with each session. In my personal experience, I left each session feeling better than when I arrived. My posture and alignment improved, which was immediately obvious to both of us. Any pain I was feeling had diminished. She also left me with exercises that I now do on my own. Contact Rachel by phone, at (734) 717-6777, or email her at a2rossiter@gmail.com

Susie Keat became a third degree Reiki Master practitioner of the Usui lineage and opened her business *Inner Accord* at TheraCare Therapeutic Massage and Healing Arts Center. She provides a combination of traditional and intuitive Reiki on Monday evenings and Sundays during the day, by appointment only. "The cool thing about Reiki is that it not only deals with the physical, but it can also deal with the spiritual, the emotional, or whatever other issues" a client is facing, she explains.

Reiki Master Susie Keat

Susie was introduced to Reiki when she was living in Monterey, California. While working through a particularly painful period in her own life, a counselor she was seeing asked her, "Have you ever thought about Reiki and energy work?" Her initial reaction was to ask, "Who? What's a Reiki?" she laughs. Susie took the advice and started receiving treatments. "Reiki really helped me to put things in perspective, and it made me feel deeply relaxed," she says.

Susie continued receiving Reiki treatments when she moved to Ann Arbor, after living in Ohio for a spell, before she decided to take a class. Over the course of the next year and a half, she took level I, II, III, and Master level training with Reiki Master Ann Zalek. "I felt a real connection with her. We clicked just like I clicked with Reiki," she explains. Now she offers Reiki sessions on a part-time basis, working as a training coordinator by day, as well as doing music booking and promotion for some local musicians. She tells me, "I enjoy everything else I do, but Reiki just gets me on a deeper level and touches me where I live."

Master NLP practitioner, life coach, and small business coach Alje van Hoorn

Traditional Reiki involves a series of hand positions at different locations on the body. Susie either touches the body or lets her hands "hover a few inches above the body," she explains. Her clients are clothed, and the session can be done sitting, standing, or on a massage table. She stresses that Reiki "uses the client's body's own energy. I'm not manipulating anyone's energy. I would say I'm like a conduit that is helping to redirect the energy back into the proper flow. Reiki practitioners are attuned to help the client's body to help itself."

Intuitive Reiki involves "doing a scan of the body and sensing where the Reiki energy needs to go," which is "dependent on your own natural abilities," she says. For her, "when I'm hovering over an area where the client's energy isn't flowing properly, I might feel a slight tingling in my hands, or else something just feels different from the rest of the body."

Clients who receive Reiki treatments report a wide range of experiences. "There is no standard of what you feel. However, the one thing everybody tends to feel by the end of a session is relaxed and peaceful," she says. People report feeling sensations and temperature changes, they may see colors or shapes, and some even fall asleep.

Susie makes a point to clarify, "I'm careful not to say that it heals" in the sense that it cannot cure disease. However, she explains that it is "deeply relaxing," which "can end up promoting healing and stress reduction. Once you get to that state there are a lot of other things that can happen along with it." If a client suffers from an illness and her treatment "gives them some relief, even if it's only for a few hours, I think that's a blessing," she says. Find out more, by visiting Susie's website, www.inneraccordwithreiki.net, on contact her by phone (734) 883-1450, or email info@inneraccord.net.

Master NLP practitioner, life coach, and small business coach Alje van Hoorn moved to Ann Arbor this year from Cape Town, South Africa, where he had been coaching for the last four years. His coaching style "is centered around productivity," he says. It is fit for "anyone who wants to get something done and they are just not getting time to do it, or they have some kind of excuse for why they shouldn't be doing it," he explains. He also works with small business owners and entrepreneurs who have trouble "balancing what is required of them at work and what they want to be doing in their own home life," he says.

Alje explains, "Everyone has their own procrastination strategy. When people become aware of this, and then make plans to overcome it, then they start getting stuff done." He has found that NLP, Neuro-linguistic Programming, is an effective approach that sets him apart from other life coaches and allows him to go beyond question and answer sessions. "NLP has a look at how our brains code information," he reports. Using the tools he has learned from studying the method, he is able to "change or reprogram the way our brains tell us stories about ourselves. I actually get my hands inside their brains and start changing their strategies and mindsets."

Another aspect of his coaching style involves looking at the success stories of highly successful people. "People's brains work in similar ways. If you duplicate a successful strategy, you are bound to be successful yourself. There is actually a system to this that is very logical. It's not that they just got lucky." Visit Alje online, at www.coachalje.com, or contact him by phone (734) 660-9751, or email aljevanhoorn@gmail.com.

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What's New in the Community

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Massage therapist Erin Pitman recently graduated from the Ann Arbor Institute of Massage Therapy, and he is now working out of TheraCare Therapeutic Massage and Healing Art Center in Ann Arbor and Achieving Health, a chiropractic clinic in Northville. He is trained in myofascial therapy, neuromuscular therapy, Swedish massage, sports massage, and orthopedic assessment. Erin incorporates a mixture of these modalities in his sessions with clients. "I've found that if someone is looking for something specific like Reiki or reflexology, for example, they'll go seek that out. If they are looking for therapeutic massage, they understand that a therapist will be blending different techniques. You get to a point where you pull things out of your bag of tricks, on the fly, when you think it's going to work," he says.

He particularly likes myofascial work, which loosens up the connective tissue that encases muscle. "Myofascial therapy is intriguing because a lot of people don't know what fascia is. If you are working on them and get the fascial planes to loosen up, they can see that it was more than just a relaxation massage. They actually got some therapeutic benefit, which potentially encourages them to think about massage in a different way," he explains.

Receiving massage therapy before getting a chiropractic adjustment is beneficial, because "it gets tissues soft and pliable," according to Erin. "It's the muscles that will pull the bone back out if they are tight, so if they are softened up before a spinal adjustment, then the adjustment will actually stay for a longer period of time," he says. You may contact Erin directly, by phone (313) 320-3424, or email erinspoke@aol.com.

Jungian analyst Cynthia Cuthbertson moved her private practice to Ann Arbor after working fourteen years in New York. She offers traditional forms of Jungian psychotherapy, including dream analysis. She also uses sandplay in her practice, as well as miniature figures, which "allow people to experience, in a nonverbal, concrete way, how the individuation process unfolds in one's life," according to her announcement. Contact Cynthia by phone at (734) 327-5027.

Personal trainer Lynda Gronlund started her business *BalancePoint Fitness* in October of 2008, and she recently began offering classes at the Body Mind Spirit Wellness Center. Her classes combine cardio, strength training, and flexibility training without using equipment, and they incorporate kickboxing, ballet, Pilates, yoga, and boot camp-style instruction. She is also offering pair and small group personal training sessions. For more information, visit http://BalancePoint.Fitness.googlepages.com, or phone her at (248) 739-0841.

Astrologer, massage therapist, and bodyworker Heather Good runs *Dharmaworks*, and she is offering natal astrology packages, Synastry relationship reports, numerology, Chinese Astrology, and Astrocartography readings, as well as Core Synchronism and integrative massage and bodywork that incorporate a variety of modalities, at the Center for Sacred Living. A Michigan-native, Heather has returned from Portland, Oregon "to offer heart-centered, spiritual growth-supporting astrology and massage services to the SE Michigan community," she writes. Visit her online at www.heathergood.org, or phone (734) 883-5135.

Erin Fry opened *Chelsea Resolution Services*, a new personal growth and development practice in downtown Chelsea. She works with clients "who are facing a variety of challenges including health, finances, relationships, career, and major transitions in life," and offers individual sessions, heart-based meditations, and workshops. Erin draws upon her years of experience as an attorney and mediator to help her clients resolve conflicts and face challenges in their lives. She is also a spiritual counselor licensed by United Centers for Spiritual Living. Find out more, at www.chelsearesolution.com, or phone her at (734) 277-4858.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue.

If you would like to submit information to be considered for this column,
***please e-mail* Jen Eberbach *at* communitynews@crazywisdom.net**
or drop off or mail to the store: What's New in the Community,
114 South Main, Ann Arbor, MI 48104.
The firm deadline for submissions for the next issue
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Ann Arbor Holistic Resource Guide

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Sustainable Health

By Judy Stone, CN, MSW

Creating Your Own Health Reform

If you are as frustrated as I am listening to health care reform devolve, perhaps you'd like to know more about how you can take better care of yourself despite the insurance and drug rackets.

All states of illness, whether as temporal as the flu or as chronic and degenerative as cancer or cardiovascular disease, can be understood both as a collection of symptoms, or as a series of processes taking place at the cellular level. And where where we focus our attention and intervention is a key to determining outcomes. Most of us want relief from symptoms if we have ones that make us more than mildly uncomfortable. But for chronic problems, going that route is never adequate as more than a temporary solution, because the underlying dysfunctional processes will, in most cases, continue at the cellular level. If these are not addressed, over time more symptoms will appear as the function of different systems of the body progressively become stressed and compromised in a domino effect.

People wedded to the allopathic medical system for relief from all kinds of chronic problems, more often than not end up accumulating increasing numbers of prescription drugs to manage the increasing numbers of symptoms as the domino effect plays out. This is also frequently exacerbated by the side effects of the drugs. The need for more, and more costly, interventions keep the costs of health care spiraling upwards, both individually and societally while at the same time U.S health care outcomes are far below most industrialized nations. As too many in Congress remain swayed by insurance and Big Pharma lobbyists, I believe that reform will come only with a change in the mindset and health care choices exercised by those seeking care. We've seen over the last 20 years the increasing corporate embracing (for better or worse) of herbs and nutraceuticals as consumers have demanded them. To that end, I'd like to offer you a way to think differently about your health, and to reform your own health care regardless of what Washington does or doesn't do.

Three clients come in with three different health concerns. The first, has daily migraines, dizziness, and loss of balance that has been going on for years. The second comes in with a medical diagnosis of Rheumatoid Arthritis, and has a significant amount of pain, limitation in activity, and need for constant pain medication (over-the-counter, non-steroidal, anti-inflammatories or NSAID's). The third had developed Psoriasis --again medically diagnosed-- all over the back, chest, arms and legs. All had previously received varying levels of diagnostic testing, prescription medications, and names for their conditions. But none had found more than temporary relief from the discomfort.

The three scenarios I gave you on the surface look completely different, but from a functional perspective (rather than a symptom perspective), they have some common threads; they all involve inflammatory conditions that have escalated. In fact, inflammation is a key element in most illness,whether temporary or chronic; the only difference being that in a temporary condition the inflammation comes and goes when the job is done, whereas in a chronic condition, the inflammation doesn't stop because the event(s) that cause the inflammation are not identified and addressed. Inflammation is a normal physiological response of your immune system that is designed to heal your body. In chronic conditions, the inflammation doesn't stop because you either aren't aware of, or can't control the triggers. And then, the inflammatory process is not healing, it's destructive, and left unchecked, starts a cascade of health-deteriorating effects.

Almost always, the triggers to inflammation fall in one of the following categories: the food we're eating (or not eating), chemical toxins in our environment (medications, personal care products, household products, pesticides, industrial waste, outgassing from plastics and building materials, etc.), "cooties" (bacteria, viruses, fungus, and parasites), or heavy metals (mercury, arsenic, aluminum etc.). Typically people have more than one trigger and over time all must be addressed if optimal health is the goal. And because chronic inflammation will cause damage to tissues and changes in an organ's ability to function optimally, there is almost always repair work needed in addition to removing the inflammatory triggers.

Let's look at the clinical situations presented above. The person with the daily migraines and dizziness had a gluten intolerance that had gone unidentified. Gluten intolerance doesn't always manifest in this way, but it can show up as neurological symptoms as it did in this case, rather than as the more commonly known gastrointestinal symptoms. Eating any food that is an allergen to the body will cause inflammation to the intestines which, over time can damage the gut lining, allowing it to become "leaky" or permeable to undigested particles of food. These undigested particles enter the blood stream before they are appropriately broken down, which in turn can cause neurological symptoms such as headaches, dizziness, or behavioral and emotional disturbances. In this person's case, removing gluten from the diet almost immediately stopped the occurrence of the primary symptoms, while work to repair the intestinal surface is an ongoing process that will continuously improve health.

Rheumatoid Arthritis, affecting the person in the second scenario, is an autoimmune disease, meaning that the immune system no longer differentiates between cells that are self from those that are foreign and represent a threat. As a result, the immune system attacks your own body and an activated immune system produces inflammatory chemicals. An autoimmune disease usually occurs when an underlying inflammatory problem has gone on for a long time, ultimately making the immune system go a little crazy. They almost always involve the "leaky gut" referred to above. Any organ can be affected and which autoimmune disease it is, depends on which organ is affected.

Two people with the same RA symptoms don't necessarily have the same triggers, hence the need for detective work. Food logs, health histories, observation, lab work, and in my case kinesiology (muscle testing) are important tools that can help identify the triggers of an individual's health problems. In this particular case, an earlier exposure to Giardia (from lake contamination) was a piece of the puzzle. Why? Because all the "cooties" produce toxins, which trigger inflammation. A diet high in sugar and processed foods factored in as well. These foods cause inflammation and they also feed all kinds of cooties, which keeps the inflammation ramped up; ultimately, in this case, leading to an autoimmune problem,

Supplements and dietary change will get rid of cooties, heal the gut, manage inflammation and pain until the body is calmed down, and block the production of the Rheumatoid Arthritis antibodies that cause the joint and tissue damage. Approaching the problem in this way restored energy and vitality to this individual and removed the need for NSAIDS, which are known to cause liver damage, and do nothing to reverse the autoimmune process..

Although there are many inflammatory foods which must be avoided in order to reverse and /or stop further damage in most health issues, autoimmune or otherwise, this is rarely addressed by allopathic medicine. If the gut continues to be compromised, absorption of nutrients is hampered leading to nutritional deficiencies that then create other problems and symptoms. So nutrition is a core, rather than an ancillary, part of any healing program.

> **"Before there were pharmaceuticals, people used herbs, homeopathic remedies, essential oils, and healthy, chemical-free, grown-close-to-home food to nourish the body, in order to restore and maintain health, and these tools still work."**

Psoriasis, in the last scenario (or eczema) is also autoimmune and involves an inability of the liver or kidneys or both to adequately remove toxins from the body. As a result the skin is used as an elimination route with the accompanying inflammation. So, in the third situation, supporting the liver in its ability to detoxify allowed the skin to give up this job, letting it heal. As above, removing inflammatory foods from the diet, providing symptomatic relief for the skin (with herbal rather than steroidal cream), and healing the gut were all important to clearing the psoriasis and keeping it gone.

Instead of looking to name a disease and prescribe drugs, or even natural products to suppress symptoms, a functional approach to health identifies the stressors or triggers (food, toxic chemicals, cooties, and heavy metals) that are compromising healthy function. Unidentified, the resulting inflammation causes system dysfunction, which in turn manifests in any number of symptoms. In most cases, however, changes in diet along with supplements chosen for their ability to eliminate the triggers and to support healthy organs can restore healthy function. Before there were pharmaceuticals, people used herbs, homeopathic remedies, essential oils, and healthy, chemical-free, grown-close-to-home food to nourish the body, in order to restore and maintain health, and these tools still work.

The idea that serious health problems can't be addressed without the "big guns" of drugs and surgery, is outmoded and expensive. Understanding how the body functions, what derails it, and what can get you back on track is a potent combination, and choosing health practitioners that understand this will have big payoffs for your health, and for healthcare in this country. It requires more participation and commitment on your part than popping a pill, but in my experience the results are well worth it.

###

What's Doing at Jewel Heart Tibetan Buddhist Center?

We wanted to check in with Jewel Heart Tibetan Buddhist Center, to see how life has been for the Jewel Heart community over the last couple of years. So we connected with Kathy Laritz, long-time program director.

Bill Zirinsky: *How long since Jewel Heart moved from its former location on E. Washington Street in downtown Ann Arbor to its new place on Oak Valley Drive?*

Kathy Laritz: We moved from 207 E. Washington late fall 2007 and into our new home at the end of December 2007 with special ceremonies. We were able to step right into our programming which, gratefully, continued at Neutral Zone and Genesis for those few interim weeks.

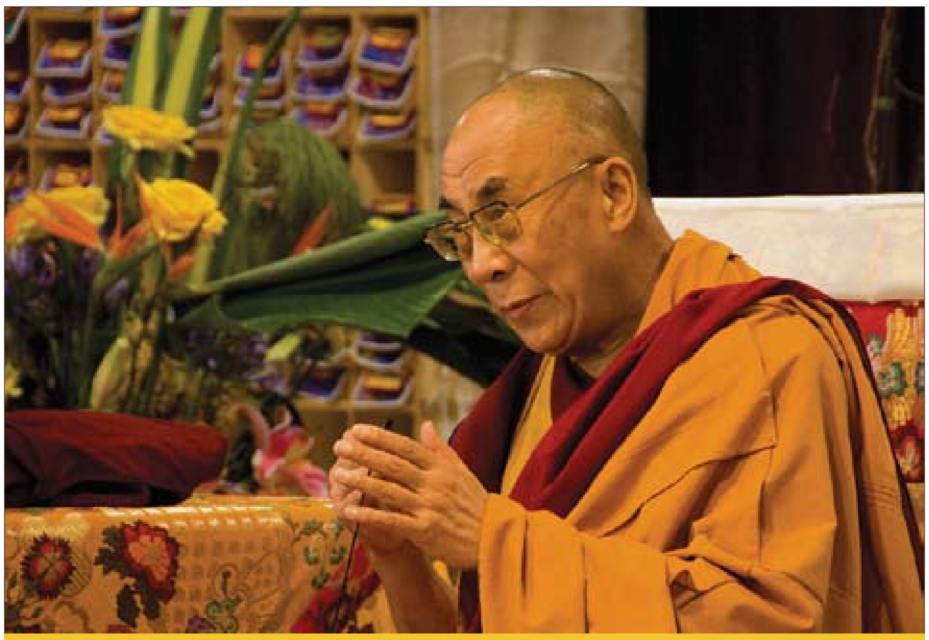
BZ: *And how is it working out, so far, in your new location? What has been the most pleasant surprise for you all? And what has been most challenging for Jewel Heart in its new quarters?*

Kathy Laritz: Our new location has been a very positive experience. Through the kindness of many hands, we quickly made the space our own and resumed our regular programs, including teachings by Gelek Rimpoche, our founder and spiritual director. People seem to be finding us easily at our new location. A much appreciated difference has been the convenience of our parking lot.

We have been able to host numerous wonderful retreats, workshops, and events – however the most pleasant visit was by His Holiness the Dalai Lama when he inaugurated our new home and shared fond memories of his and Rimpoche's youthful days together. We were very honored by His Holiness' visit and appreciated his request to Rimpoche and Jewel Heart to continue the benefits of serving people by sharing the dharma.

BZ: *This has been a year of economic turmoil, and certainly many non-profits have seen donations decline. Has it been a challenging year for Jewel Heart economically, and how has your organization met this challenge?*

Laritz: It is certainly a challenging time, particularly for non-profits. We have held various events and grass roots activities including weekly community bake sales, a yoga workshop with world class yoga teacher Cyndi Lee of OmYoga Center in NYC, and an inspiring discussion on Art, Creativity and Tibetan Buddhism with Rimpoche, Philip Glass, Francesco Clemente and Michael Imperioli, just to name a few.



"…the visit by His Holiness (the Dalai Lama) reveals the rare treasure we have in Ann Arbor with Gelek Rimpoche and his teachings. Rimpoche lived and trained in a unique spiritual setting that no longer exists; that was forever changed in 1959. He is one among the very few living great masters from that world and amazingly, he is here in Ann Arbor today."

JEWELHEART
TIBETAN BUDDHIST LEARNING CENTER

"Our new location has been a very positive experience. Through the kindness of many hands, we quickly made the space our own and resumed our regular programs…"

As a member based organization, we welcome everyone to become a member and help Jewel Heart continue its good work. In addition to our programs, Jewel Heart also supports many cultural and humanitarian causes. A small sampling of our humanitarian work includes support for young lamas studying in India and for schools in Tibet, including an orphanage for handicapped children in Lhasa and the Namling County Schools Project, which builds schools for children in underserved areas of Tibet. The Project aims to promote literacy, preserve the Tibetan language and culture, and enable Tibetans to compete and survive in greater China. Jewel Heart supports the Project through the sale of Tibetan-made carpets available at the Jewel Heart Store in Ann Arbor and at the Jewel Heart Store online.

Finally, we recently began a live video broadcast subscription service which allows the subscriber to have easy computer access to Rimpoche's live teachings from Ann Arbor as well as other select events. We look forward to extending the service in the future to include recorded teachings.

BZ: *Bringing the Dalai Lama to Ann Arbor in the spring of 2008 was a great and meaningful event for the spiritual life of this region. It was magnificent to see how deep is the community of spiritual strivers in southeastern Michigan, and the level of interest in the Dalai Lama's teachings. Looking back on it, what was most important for the Jewel Heart community in having hosted the Dalai Lama?*

Laritz: On one hand, it was very important to support His Holiness and to provide an opportunity for people to meet him and hear his message. His Holiness' message of compassion and wisdom is urgently needed in our world today.

On the other hand, the visit by His Holiness reveals the rare treasure we have in Ann Arbor with Gelek Rimpoche and his teachings. Rimpoche lived and trained in a unique spiritual setting that no longer exists; that was forever changed in 1959. He is one among the very few living great masters from that world and amazingly, he is here in Ann Arbor today. During more than 20 years with Jewel Heart I have seen so many people's lives positively changed through their study with Gelek Rimpoche. The importance of finding a teacher of Rimpoche's quality, someone who can reliably help us bring more understanding and compassion into our daily life, is indeed rare and immeasurable.

BZ: *Was the Dalai Lama's visit helpful to Jewel Heart, in an economic sense, in terms of raising money for the organization?*

Laritz: In the case of His Holiness, as with guest lamas visiting Jewel Heart, the money raised goes to the guest. In addition, with His Holiness, he has publicly expressed his wish to all organizations sponsoring his teachings that the expenses and income balance out and if there is any profit, His Holiness gives it to charities.

BZ: *How old is Gelek Rimpoche? And what are his short and medium-term plans in terms of teaching, leading your community, and so on?*

Laritz: In fact, we will be celebrating Rimpoche's 70th birthday this year with some fun activities including an afternoon tea with appetizers on Sunday, October 25, a special performance by the *Not Yet Ready for Enlightenment*

Photo by Peter van Wanrooij, courtesy of Jewel Heart

Gelek Rimpoche, founder and spiritual director of Jewel Heart.

"There is no plan for retirement for Rimpoche. He reminds us that there has never been a Rimpoche before that has retired… They all continue their work until the end of their life."

Players comedy troupe on Saturday, October 24, and a traditional Tibetan Buddhist long life ceremony on Monday, October 26.

Short/medium plans remain the same with teachings and public talks continuously in our area and around the world - at Jewel Heart chapters as well as in response to invitations with other organizations, both Buddhist and non-Buddhist. Rimpoche also continues to hold about 9 retreats a year, in Ann Arbor, New York, the Netherlands, and Singapore/Malaysia.

Preservation of the endangered Tibetan culture is an important element of Rimpoche's work and one aspect can be seen through his teaching Tibetan Buddhism to Tibetans living in the United States. His Holiness applauded Rimpoche's activities and requested he step up his efforts which he most certainly has, teaching Tibetans in San Jose, Albuquerque, Philadelphia, Vermont, Chicago and Boulder just this year.

While Rimpoche's Collected Works of transcripts in book form continue to grow, he is also working on a new book scheduled to be published late next year. Stay tuned!

BZ: *Jewel Heart is a dynamic Tibetan Buddhist teaching center, both on a local level, and nationally and beyond. Does Jewel Heart have a succession plan in place --- as to who will lead your community when Gelek Rimpoche retires or becomes significantly less active? Or is that already in place now?*

Laritz: There is no plan for retirement for Rimpoche. He reminds us that there has never been a Rimpoche before that has retired and offers examples such as Chogyam Trungpa Rinpoche, the Dalai Lama, the Karmapa, and friends who have passed such as Geshe Tsultrim Gyaltsen or Ribur Rinpoche. They all continue their work until the end of their life.

When the time comes, there are a number of people that would be turned to – for instance, Venerable Demo Rinpoche and others who are linked with Rimpoche at the Nyagre Khamtsen and Loseling Colleges/Monastery, where there are plenty of upcoming Buddhist scholars who are also versed in English. There are also many western teachers that will work side by side with the Tibetans from Nyagre Khamtsen. Teachers who have been working with Rimpoche for 20 - 30 years and presenting in Jewel Heart chapters within and outside of the U.S. as well as other venues. Some local examples are Aura Glaser, Sandy Finkel, Hartmut Sagolla, Supa Corner, and Tony King, with so many more here and outside of Ann Arbor. There are avenues for succession within both western and eastern lineages.

BZ: *Is Jewel Heart offering some new programs this year which you are particularly excited about, and which you'd like to share with our readers?*

Laritz: Yes, we have a few things to share –

One is our work with offering meditation instruction to people incarcerated. We are scheduled to provide our mindfulness meditation program at Jackson Prison this fall. Similar mindfulness meditation programs offered at the Washtenaw Forensic Center were much appreciated and a desire was expressed for programming for staff as well.

On the basis of Rimpoche's teaching, we have developed GOM –a meditation program aimed at developing strong concentration and available not only to Buddhists but anyone interested in reaping its benefits. We will branch out beyond the Jewel Heart programs with it this fall at the OMyoga Center in NY and look forward to it being offered at many more venues.

We are very excited about the advantages of video broadcasting and look forward to more people being able to access the teachings, workshops and retreats; people who may have otherwise been restricted by geography or commitments or health or the many challenges we experience in our busy world today.

We are in the process of building online courses and see technology as a wonderful avenue to fulfill our mission of authenticity and accessibility – helping anyone interested in spirituality as their vehicle to bring peace, joy, and understanding to how they experience and participate in the world.

BZ: *Thanks, Kathy.*

Aura Glaser, Gelek Rimpoche, and Sandy Finkel in the autumn of 1984 at their home in Dexter, Michigan, during Rimpoche's first visit to Ann Arbor.

◆

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Questions for Tom Egan about the *For Generations To Come* Project

“*For Generations to Come* Sanctuary is part retreat, part learning, and part environmental center. Most important is a particular emphasis placed on deepening relationships to things that matter most.”

(*We thought readers might be interested to know more about the For Generations to Come (FGTC) Sanctuary project, which is taking root on a magnificent piece of land in Manchester. We asked Tom Egan, Executive Director of FGTC, to help explain the project to our readers.*)

Bill Zirinsky: *Tom, please tell our readers about the* For Generations To Come *project.*

Tom Egan: For Generations To Come (FGTC) Sanctuary is located on 145 acres of beautiful, rolling hills and pastures and woods in Manchester Michigan. It is an extraordinary place to come re-establish a deeper connection to nature, ourselves and the greater processes of life. FGTC is part retreat, part learning, and part environmental center. Most important is a particular emphasis placed on deepening relationships to things that matter most. FGTC ‘s three main program focus areas are Lifestyle Balance, Food For Health and Leading Edge Land Stewardship. The ultimate vision is to be the model for integrating “Sanctuary” experiences back into everyday lifestyle.

“Dr. Clark and Avis Spike previously owned the land for 38 years. Clark and Avis were very conscientious and attentive in the way they tended to the land and helped to begin to transform the property from an ordinary parcel to an extraordinary nature sanctuary.”

BZ: *And did this project originate before your organization purchased this land on Grass Lake Road in Manchester?*

Tom Egan: FGTC officially became a 501(c)3 non-profit two years ago just prior to coming in contact with this land on Grass Lake Road. The organization was a natural outgrowth from volunteers who wished to give back to and meet longstanding needs of our communities through service; service which would create positive change locally and provide models for other communities, both in Michigan and nationally.

BZ: *I know, personally, from having walk this land four or five times, that your land on Grass Lake Road is very special, very magical and captivating, very diverse. Please tell us about the land.*

Tom Egan: This land has a magnificent presence supported by a diversity of wild natural features. It rests at the edge of the Sharon hills in Manchester and hosts an oasis pond, dense woodlands, hay fields, wild prairies, creeks, streams and multiple wetland ecosystems. Trails weave throughout the property, providing a variety of outdoor experiences and places for contemplation. There is a house, historic barn, camping area with natural built cob ovens (FGTC Volunteer project 2008) and a quaint cabin hand-built by the previous owner with wood from fallen trees on the land.

BZ: *And who owned the land before the FGTC project became involved?*

Egan: Dr. Clark and Avis Spike previously owned the land for 38 years. Clark was an EMU Chemistry Professor and Avis was a musician. Clark and Avis were very conscientious and attentive in the way they tended to the land and helped to begin to transform the property from an ordinary parcel to an extraordinary nature sanctuary. FGTC honored them both through an organic garden dedication ceremony at our Earth Connections Day in June of this year.

BZ: *You also had a public celebration out on the land in June of 2008, as well as the celebration this past June. Please tell us about both days.*

Egan: The “Earth Connections” Day in June originated as an opening day in 2008 and has now transformed into an annual celebration event. It is a day to explore our hiking trails, discover our creatures in residence program, play outside, sit and contemplate Nature, take a hay ride and receive a chair massage as a sampling of our rejuvenation services for life balance, and come see what FGTC is about. Children can specifically go on a treasure trek, enjoy face painting, fly a kite, make giant bubbles, watch a puppet show, explore a tree house, and experience Pooh Country. Ala carte organic snacks are provided as well as samples of pizza and pie cooked in our outdoor natural built cob oven. This year, about 300 people and pets attended and had the opportunity to experience aspects of the FGTC Sanctuary.

BZ: *What are your short-term goals for FGTC, over the next year?*

Egan: Over the next year, we are offering some public retreats and initiating four pilot programs. The Lifestyle Balance Pilot reaches out to the Trinity Hospital system by serving people who are in need of lifestyle balance. Another pilot focuses on re-establishing connections between Mott’s Children’s Hospital Cancer Kids, their families and the healing presence of Nature. The third pilot focuses on Food for Health by planting, growing and cooking the meals we serve at retreats And last is a Land Stewardship Pilot restore native plant species and the natural watershed.

BZ: *What are your medium-term for the FGTC project?*

Egan: From these pilot programs we intend to produce creative and artistic documentaries; presentations that become the material for our outreach as well as the template for more permanent programs. Over the next several years**,** these permanent programs will become a major benefit of coming to FGTC Sanctuary as we expand to include a more general audience.

For Generations to Come **founder Brenda Morgan**

Brenda Morgan, Dr. Clark and Avis Spike

***BZ:** I know that you and many of the members of Brenda Morgan's spiritual community are the originators of this project. Can you concisely tell our readers about Brenda Morgan, and about your community?*

Egan: FGTC's founder Brenda Morgan, PhD, teaches the artful relationship of bringing meditation into the life you are currently living. And, at some point in a practitioner's evolution, a need to give back emerges. FGTC is a group of people fulfilling this impulse to give back by pooling individual resources, time and creativity in order to serve humanity in some way that goes beyond just their personal lives.

***BZ:** It is clear that you have already been growing this project well beyond the contours of your own spiritual community. Is that correct? Have you been involving other individuals and organizations in the wider community?*

Egan: Although FGTC is about "serving" the local community, it is also equally about "involving" the local community. From the University of Michigan faculty, to Mott's Children's Hospital, to Zingerman's Catering, to the Legacy Land Trust, to the Department of Agriculture and Crazy Wisdom Bookstore, partnering is needed to make this possible. As an example, FGTC is partnering with the University of Michigan in terms of co-creating research driven programs for adults and children, assessing and validating those programs, and helping facilitate the integration of Sanctuary experiences back into everyday lifestyle. We also are collaborating with Mott's Children's Hospital and Trinity Hospital system to provide wonderful complementary recovery and rejuvenation services for their patients. We are also collaborating with many local businesses and non-profit organizations that are bringing experience, wisdom, insight, and direct services or support.

Families visiting on "Earth Connections" Day

"The land has a magnificent presence supported by a diversity of wild natural features. It rests at the edge of the Sharon hills in Manchester and hosts an oasis pond, dense woodlands, hay fields, wild prairies, creeks, streams and multiple wetland ecosystems."

***BZ:** If someone would like to learn more about the FGTC project, or participate in it, what are the ways someone can access FGTC?*

Egan: FGTC is looking for new partners and supporters to help fund land-conservancy and life-balance programs. To learn more about FGTC visit *the* web site at www.fgtcsanctuary.org If you want to contact FGTC you can call (888)-765-4722 and leave a message or email at info@fgtcsanctuary.org. You can also call our volunteer coordinator Tamara Wendt at (720) 218-9861 for volunteer opportunities.

***BZ:** Thanks, Tom.*

Egan: You're welcome, Bill…

###

Tom Egan, Executive Director of FGTC

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Visiting "Pick Your Own" Farms in Washtenaw County

Article and Photos by Sarah Rigg

Farmland is not the first thing most people think of when they consider southeast Michigan. They may think of higher education because of the presence of several major universities in Washtenaw and Wayne Counties, or they may think of factories and industry. But there are thriving farms throughout Washtenaw County and in communities just outside the county. Some small farmers offer farm shares or sell their produce at farm markets or to local restaurants. Others have built a living around offering "pick your own" (also called U-pick) crops to those willing to put in some sweat equity to get fresh local fruit and vegetables.

Over the course of June and early July, I traveled across Washtenaw County talking to farmers who are active in the "pick your own scene." Almost all of them mentioned that going to a farm to pick berries, peas or apples is a great family outing and an educational opportunity for children who, today, tend to think food comes from a supermarket shelf.

Rose Timbers, an employee at Wiard's Orchard, said a trip to the orchard could be a unique experience for children and families. "In today's society, it's rare that children know how their food is grown," she said.

"I encourage families to bring their kids," said Ed Makielski, owner of Makielski's Berry Farm in Ypsilanti. "I like kids to know that raspberries come off bushes, not out of boxes."

Customers of the "pick your own" farms also echo those sentiments, as well as expressing a desire to support local farmers and keep money in the local economy. Karin Halsey, a resident of Ypsilanti Township, has picked apples in Wayne County and has picked peas and strawberries in Washtenaw County.

"I enjoy the novelty of picking my own food from time to time," she said. "It tends to make me appreciate the amount of work that goes into my full plate each meal. I like having some sense of knowing where my food came from."

Photo by Sarah Rigg

Noel Fox picking strawberries at Rowe's Produce Farm

"I tell people to eat the berries the same day they pick them… they have ten times the flavor of those berries shipped in from California." ~ Mark Girard

Photo courtesy of Wiard's Orchard

Lewis Wiard

"A lot of kids think apples come from the store — they don't know the work that goes into it." ~ Rose Timbers of Wiards Orchard

My "pick your own" journey started at the easternmost edge of Washtenaw County at Rowe's Produce farm in Ypsilanti Township. There, Mark Girard and a crew of high school and college students direct local produce lovers out to the fields to pick strawberries, peas and raspberries.

Girard married into the berry business. The farm was started in 1965 by Glenn Rowe, Mark Girard's father-in-law. The Rowe family got into the pick your own scene in the early 1970s, according to Girard. Girard had no experience with farming and worked for Ford when he married Glenn Rowe's daughter in 1979. When he was "temporarily" laid off, Girard's father-in-law invited him to help out on the farm until something else came along.

"Next thing I knew, I was running the place," Girard said with a laugh.

In 1976, a consortium of four local berry growers in Ypsilanti and Belleville approached community leaders in Belleville to ask about starting a Strawberry Festival, and the community has been celebrating berries with a huge community event every Father's Day weekend since then. Girard said that the festival always piques interest in his farm's offerings each June. Sadly, though, his farm is now the only one of the original founding farms still in operation.

Rowe's Produce Farm is run with a mix of old traditions and new technology. Girard sends out postcards alerting those on the mailing list that the berries (or peas) are ripe for picking. Girard said he also used to print booklets of strawberry recipes. Today, though he still sends out more than 12,000 paper postcards, he's gone high-tech. He's encouraging people to sign up for e-mail notifications instead, and as of early June, he had more than 1,100 subscribers to those email alerts. Another change: The berry recipes have moved from paper pamphlets to the farm's Web site.

Despite the growing use of technology, the profitability of farming is still based on the whims of Mother Nature. When asked what kind of factors affect the size of the crop and how soon it ripens, Girard said, "Everything!"

Too much or too little sun, too much or too little rain, wind and more can affect the availability of berries and peas.

"If you get too hard a rain, it can beat the berries to a pulp," he said.

Girard said the farm makes most of its profit from its pick your own operation, but they do sell some pre-picked corn locally. Also, from mid-July through October, Rowe's offers a produce market, featuring bi-color corn grown on the Rowe property and pre-picked produce (mostly local) as well as jams, jellies, salad dressing and other offerings.

Girard said he's hopeful that the current slump in the economy will not hurt the business. If a family is looking for inexpensive entertainment, an afternoon of berry picking is an option he'd encourage.
"Instead of going to a movie, they can pick berries, have fun outdoors and make it a family outing."

From Rowe's, I traveled to Wiard's Orchard, also in Ypsilanti Township. Wiard's is probably the most commercialized pick your own operation in the county. It's not just a farm- it's an educational/entertainment complex of nearly 100 acres.

In addition to the orchards, the property includes a bakery, a store, picnic pavilions and more. In September and October, the grounds are swamped with families and children.

"We like to cal it 'agra-entertainment,'" said Rose Timbers, the special events coordinator for the orchard. "What that means is we combine agriculture with entertainment for kids, families, groups, churches and school outings."

At Wiard's, one whole orchard is set aside especially for school field trips. There, in September and October, children and their teachers can pick apples or pumpkins while learning about agriculture.

Other orchards are accessible to those who buy a ticket to the "County Fair Experience." For the price of a ticket, Wiard's County Fair visitors can experience hayrides, food vendors, a corn maze and several other activities. There's an additional fee for picking apples or pumpkins.

Timbers said children don't associate pumpkins with food much anymore, though you can make pie with the flesh or roast the seeds for eating. Mostly, she said, when a child sees a pumpkin, he thinks of jack-o-lanterns.

"Pumpkins are a great prop," she said. She said when she talks to groups of children, she encourages them to find "the perfect pumpkin" in the field. She said she loves to see how individual children decide what a "perfect" pumpkin is.

"Some children like a small one that's still a little green, while others want the biggest one Dad can carry. A lot of the little kids want ones they can carry themselves, though."

Timbers said that the orchard, though somewhat smaller than in the past, is one of the oldest continuing family-owned operations in the state of Michigan and has been in the Wiard family for seven generations. The farm team does spray the crops, but they also rely on what's called "integrated pest management." This method relies on understanding the life cycle of pests and interrupting that cycle through methods such as confusing the insects with pheromones.

"We do some spraying," Timbers said, "but we do other things so we don't need to do as much spraying."

Timbers isn't related to the Wiard family but says she's been with the orchard 20 years and feels like part of the family. She enjoys her work and feels that the orchard provides a community service and valuable education as well as entertainment.

"A lot of kids think apples come from the store — they don't know the work that goes into it," she said.

Leaving Wiard's, I drove west and south to Wasem Fruit Farm. The farm is in Ypsilanti Township but so far south it borders on the town of Milan. There, Bruce Upston and his wife Jan run an orchard where you can pick your own gooseberries, red and black currants and tart cherries. The farm is 110 acres with more than 60 acres planted with fruit.

Upston is another farmer who married into the business. "Jan's parents moved out to the farm in 1942, "he said. "They started planting fruit trees in the late 1940s and early 50s. It's been in the family all that time (since then)."

Photo by Sarah Rigg

Bruce Upston and his wife, Jan, run Wasem Fruit Farm, where you can pick your own gooseberries, red and black currants, and tart cherries…

This year, the cherry trees were damaged by frost, and so cherries are not available for pick your own but only in pre-picked batches. The farm also sells pre-picked apples, pears and plums. On Fridays in August, Jan also fries up homemade donuts, and during the fall, the farm sells unpasteurized cider.

Upston said his business is about 50 percent Pick your own and 50 percent pre-picked. They sell fruit at the Ann Arbor Farmers Market as well.

When asked about the effect of the economy on business, Upston said he's "pretty optimistic."

"Last year, business was still pretty good," even though the apple crop was smaller than usual, he said.

Upston encourages families and school groups to come out and learn about agriculture by picking their own fruit. Like many of the other owners of Pick your own farms I spoke to, though, Upston emphasizes the unpredictable effect of weather on farming and encourages visitors to call ahead to check crop conditions.

From Wasem, I drove further West and north again to Makielski's Berry Farm off Platt road in Ypsilanti. There, Ed Makielski, 82, will tell you jokes as he sells you raspberries, blackberries and raspberry honey. He's happy to tell you about the history of the farm as well.

"It's my fifty-seventh year having the farm and being in berries," he said. Makielski's first love, however, wasn't berries but bees.

Continued on Page 20

11030
HONEY FOR SALE
LUTZ ORCHARD
APPLES
ÄPFEL

Photo by Sarah Rigg

Bill Lutz with the signs he puts out when he's open for business. In addition to U-pick apples, he also sells honey.

Visiting "Pick Your Own" Farms in Washtenaw County

Continued from Page 19

Makielski
(313) 434-3673
(313) 572-0060
Berry Farm
7130 Platt Rd.
•Fall Red Raspberries:
U-Pick Aug. 15 - Oct. 8AM - 8PM

Photo by Sarah Rigg

As a teen, Makielski's twin brother was interested in beekeeping and sparked the same interest in Ed Makielski. The boys bought two hives from a local farmer and rode ten miles back home with the hives balanced on the handlebars of their bicycles.

Eventually, Makielski's brother lost interest, but Makielski's interest remained. He jokes that his brother owed him $5 and he "foreclosed" and took his brother's hives over. Later, Makielski went to Michigan State University to study agriculture, but he couldn't major in beekeeping- it was only offered as a minor. Instead, he chose to major in small fruit production.

Makielski also jokes about how he came to own his 90 acres in Ypsilanti, about 20 of which are planted with berries. "I got a tractor, so I had to get a farm to go with it," he said.

He started with strawberries and hired local teens to pick the berries, but changing times and minimum wage laws made this less profitable. A few years into owning the farm, he switched to a mostly pick your own operation, though he also grows melons and rhubarb to sell locally.

This past winter was unkind to Makielski's blackberries, so there are fewer to be picked this summer and fall, but the raspberries are doing well, he said. Though the farm isn't organic, he takes pride in the fact – and advertises on his Web site— that the farm doesn't use pesticides.

Bill Lutz also offers the option to "rent" an entire tree. In the spring, you can pick the variety of apple you like and pay a fee, and Lutz will tie a ribbon on the tree, designating it as your special tree. The fee buys you the right to pick as many apples from the tree as you like, whenever you like, through the autumn.

Leaving Makielski's, I drove further west and south again to Saline, where I talked to Bill Lutz (pronounced "loots"), owner of Lutz Orchard. Lutz's Orchard has been in the family since 1882 when Bill Lutz's great grandfather Jacob bought the property on which the barn and the Lutz home sit. It was a general working farm for many decades. The land about a mile down the road that is home to the apple orchard was purchased and added on in 1926. Several of the trees that were planted there over the next few years in the late 20s and early 30s are still alive.

At first, the farm sold apples wholesale, but more recently, the farm has done most of its business as pick your own, featuring more than 20 kinds of apples. Lutz's orchard is somewhat unusual in the area because of the way he runs the pick your own operation. You can pick by the bushel or half-bushel as in other orchards. But Lutz also offers the option to "rent" an entire tree. In the spring, you can pick the variety of apple you like and pay a fee, and Lutz will tie a ribbon on the tree, designating it as your special tree. The fee buys you the right to pick as many apples from the tree as you like, whenever you like, through the autumn.

It's obvious that Lutz knows a lot about apples, and he's happy to share that knowledge. He said that he can walk into a room with his eyes closed and pick out the unique, "almost spicy" smell of a Northern Spy apple. He also grows "antique" apples- varieties that have been around for a long time, like Baldwins, which he says were the most popular variety in Michigan 100 years ago.

Lutz said he started out with Paula Reds, but he experiments with adding new varieties from time to time. He said his father introduced popular Macintosh apples to the farm, thinking he was actually buying another variety.

"It was my father's most profitable mistake," Lutz said.

In addition to growing apples, Lutz also milks cows and raises sheep, which are sold for meat and as Easter lambs. He also has a "guard llama" that stays with the flock, and Lutz says it prevents coyotes from killing lambs in the spring.

He said some families have been coming back to the orchard for several generations, and they sometimes make a day of it: picking apples, having a picnic and watching the farm animals.

"People seem to like it," Lutz said. "We don't have a petting zoo, but people can see the sheep and the llama or watch me milk the cows."

Lutz keeps an eye on trends in apple preferences. He said apples for cooking have fallen out of favor, and apples for snacking are much more popular. He also said people over the years have developed a preference for larger apples, and it's harder for him to sell apples less than two and a half inches in diameter.

"They want the big apples, even if they give it to a child and he eats half of it and throws the rest away," Lutz said.

After leaving the Lutz farm, I end my journey at the other end of Washtenaw

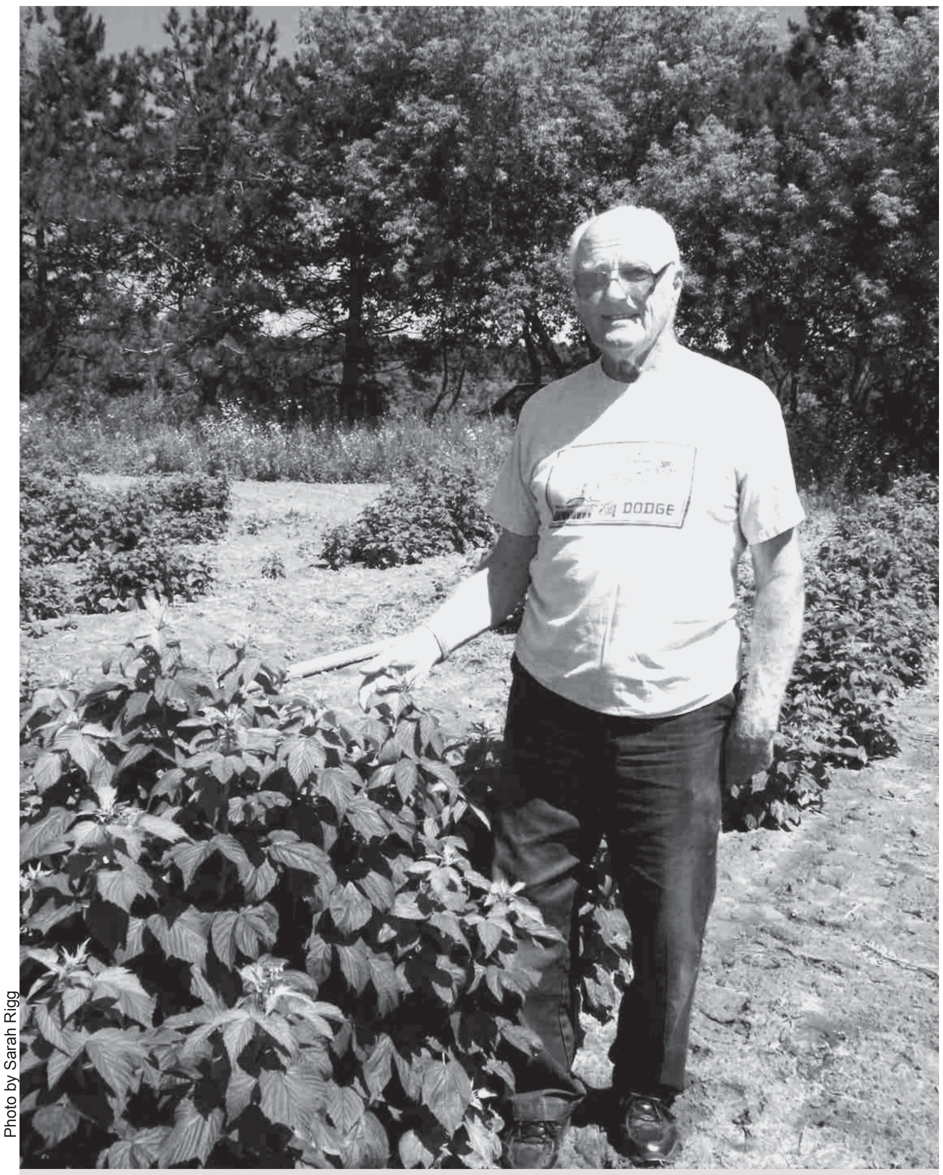

Photo by Sarah Rigg

Ed Makielski with a raspberry bush that is not quite ready for picking

"It's my fifty-seventh year having the farm and being in berries." Makielski's first love, however, wasn't berries but bees.

County at Dexter Blueberry Farm. Unlike the other farmers I talked to, Mark Selby runs the farm as a side gig. When he's not selling berries, Selby is a programmer at the University of Michigan's Administrative Services Building. He's also one of the farmers newest to the pick your own crop scene, taking over the farm in 2000.

Selby said that Leo Zabinsky – still a neighbor—established the blueberry patch in a naturally boggy area in Dexter in the 1960s, and those blueberry bushes are still producing more than 40 years later.

Selby wasn't actually looking to get into the blueberry business, he said.

"I was looking for a place to hunt, to get out of the city," he said. He met Zabinsky through a friend who was interested in the property. The friend decided commuting to the farm in Dexter from Ann Arbor would be too much work, but Selby and his wife wanted to live in the country, so it was more practical for them to consider purchasing the berry farm.

"It was an opportune time for us," Selby said. "We were looking for a place and needed to make a change."

Selby said he has been fortunate to have help running the farm. "My father-in-law had done farming. He knew tractors and other things I wouldn't know. He's been an immense help. Leo (Zabinsky) has been an immense help, too." In July and August, hundreds of berry lovers come to Dexter Blueberry Farm with buckets and pick several varieties of blueberries, including Jersey, Blue Ray and Blue Crop. Selby tells visitors to dress for a working farm, wear sunscreen, bring water and watch their footing.

"It's a bog," he said, adding that at times, there's up to a foot of standing water in parts of the field.

Selby said that before owning the farm, he had no personal connection to blueberries,

"But when my wife and I walked the property and saw how much work had gone into the berry farm, I knew it was not right to just let it go," Selby said. "Plus, it would break Leo's heart."

While choosing pick your own crops can be political for those who subscribe to a "buy local" philosophy, the immediate rewards of picking your own are more practical and sensual for many.

Photo courtesy of Wiard's Orchard

"Pumpkins are a great prop," Rose Timbers (of Wiard's Orchard) said. She said when she talks to groups of children, she encourages them to find "the perfect pumpkin" in the field. She loves to see how individual children decide what a "perfect" pumpkin is.

"Pick your own" customer, Karin Halsey, said, "I like how much better produce tastes if it hasn't been bred for shelf-life, picked while under-ripe, waxed, and otherwise prepped for grocery store consumption."

Rowe's Mark Girard has similar sentiments. "I tell people to eat the berries the same day they pick them," he said. "These berries don't keep. You can't stick them in the fridge for three days. But they have ten times the flavor of those berries shipped in from California."

Fall is a great time to drive out to any of the farms mentioned in this article, and "pick your own". It's a wonderful treat to eat fresh fruits and berries, and it's a satisfying outing for the family. Plus, it is meaningful and pleasurable to be supporting local farmers and local businesses.

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Rowe's Produce Farm
Address: 10570 Martz Road, Ypsilanti, MI
Phone: (734) 482-8538
Web site: http://www.rowesproducefarm.com/
Pick your own crops: Strawberries and three kind of peas in June and early July, Raspberries Mid-July through early October
Other offerings: Small produce market with bi-color corn and an emphasis on local produce, jams and jellies
Season: Early June through early October
Hours: 7 a.m. to 8 p.m. for strawberry and pea season, 9 a.m. to 7 p.m. for raspberries and produce market from Mid-July to early October

Makielski Berry Farm
Address: 7130 Platt Road, Ypsilanti, MI, 48197
Phone: 734-572-0060
Web site: www.makielskiberryfarm.com
Pick your own crops: Amber, gold and red raspberries, blackberries
Other offerings: Local honey
Season: Early July through early November
Hours: 8 a.m. to 8 p.m. 7 days a week

Wiard's Orchard
Address: 5565 Merritt Road, Ypsilanti, MI 48197
Phone: 734-482-7744
Web site: http://www.wiards.com/
Pick your own crops: More than a dozen varieties of apples, pumpkins.
Other offerings: Cider mill, bakery, "Night Terrors" program around Halloween
Season: September and October
Hours: 10 a.m. – 6 p.m. Tues-Sun (closed Mon)

Wasem Fruit Farm
Address: 6580 Judd Road, Milan, MI 48160
Phone: (734) 482-2342
Web site: http://wasemfruitfarm.com/
Pick your own crops: Tart cherries, red and black currants, gooseberries, raspberries
Other offerings: Donuts and cider, pre-picked peaches, plums pears
Season: July through October
Hours: 10 a.m. to 5 p.m.

Dexter Blueberry Farm
Address: 11024 Beach Road, Dexter
Phone: (734) 426-2900
Web site: http://dexterblueberry.com/default.aspx
Pick your own crop: Blueberries
Season: Mid-July through early September
Hours: 8:30 a.m. - 7:30 p.m. Monday-Saturday; Noon – 6 p.m. Sundays

Lutz Orchard
Address: 11030 Macon Rd., Saline, MI, 48175
Phone: (734) 429-5145
Web site: none
Pick your own crops: More than 20 varieties of apples
Other offerings: Honey, see sheep and a llama on this working farm.
Season: September and October
Hours: Phone to confirm hours; closed Thursdays.

Other helpful websites:
Arbor Wiki's U-Pick page:
http://arborwiki.org/index.php/Category:U-Pick
All about apples, Michigan orchards:
http://www.allaboutapples.com/orchard/mi05.htm
Pick Your Own Farms in Michigan:
http://www.pickyourown.org/MI.htm

GREEN LIVING

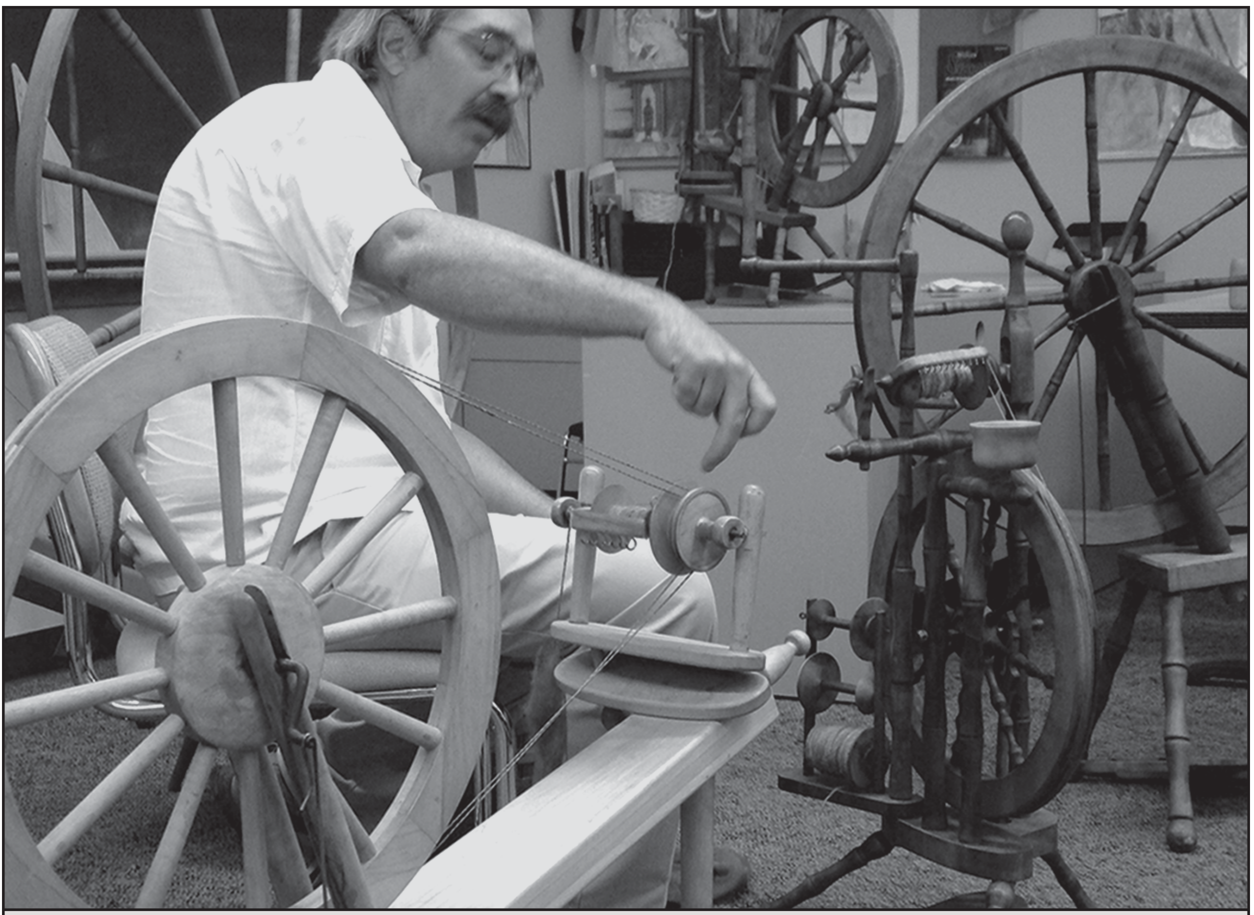

Photo by Jeremy Chouinard

Frank Bohanon of Tromp 'n Treadle Spinning Wheels teaches the basics of spinning yarn at the Reskilling Festival

Skilling Up for the Power Down:

Transition Ann Arbor Begins Preparing the City for Peak Oil

by Rachel Pastiva

This summer I mustered the courage to finally learn what peak oil is. I'd been hearing the term for a while, and could extrapolate on what it *might* mean, but I didn't know its true definition. In all honesty, I didn't really want to know. Like so many of the irreversible ways humankind has injured our planet, I feared facing the peak of this natural resource would be realizing the end of civilization as we know it.

Not intending to sound alarmist: I was right. But I wasn't considering that peak oil simply marks the end of the Industrial Age, and an unknown future does not necessarily equal a doomed one. In fact, there are people in our own town educating themselves on peak oil right now, and actually working to change the way we live our lives in response to it. Transition Ann Arbor is one such group; a local manifestation of a global movement.

What is Peak Oil?

It is widely assumed that as long as there is oil to be extracted from the ground, civilization as we know it will continue to flourish. Unfortunately, this is not true. In the 1950s, a petroleum geologist named M. King Hubbert developed an equation that could predict the amount of oil that can be extracted from a well. This equation, a bell-shaped curve known as the Hubbert Curve, has the capacity to track oil production from oil fields to oil reserves of entire nations. The curve illustrates that oil extraction of a given site will peak when half of the oil has been extracted. Once the peak has been reached, it requires more energy then is available to extract the remaining oil. In other words, once the earth's population has used up *half* the planet's available oil, there will be less oil to sustain life as we know it. The Hubbert Curve accurately predicted the end of oil production in the United States in 1970, and predicts that the global supply of oil will peak around 2010, that is, if it hasn't already.

> **"Transition Towns offer us a chance to take back the power to choose a future that is healthy and just for the earth and for future generations."**

It goes without saying that this is a scary fact. So scary that most people don't even want to think about peak oil, let alone the ramifications it may have on our future and the future of the planet. A future without oil is a future without electricity and air conditioning, cars and the internet, imported goods and air travel. A future without oil is a future that will resemble the past. Of course, many people are unaware of the future we are facing. For some who know, perhaps it is easier to function in a state of denial, while others may simply feel helpless to know how to effect change.

The Transition

Regardless of your personal feelings toward peak oil, what should be clear is that something has to change. Despite consensus from the global scientific community about diminishing natural resources and increasing climate change, these dire issues are continually trumped in the media by news of an unstable economy, health care reform and celebrity gossip. It has become clear to a growing number of people that the only change they are likely to see in society at large, is the change they instigate themselves.

It is in this very fashion that Ann Arbor became involved in the Transition Towns movement, a movement that has already reached 187 cities worldwide. The Transition Towns movement began in 2004 as a class assignment for the students of Rob Hopkins' further education course in Kinsale, Ireland. Their goal was to create guidelines for their community on how to prepare for a future without cheap oil. What they created has become the instruction manual for a movement that is spreading across the globe. Transition Ann Arbor is the 26th Transition Town to be developed among 34 in the United States and others are developing locally in Ypsilanti and Chelsea.

Hopkins and his students created guidelines that consist of "12 Ingredients." These ingredients comprise the framework of the Transition Towns movement. While most ingredients do not necessarily need to take place chronologically, all begin with the first: Create an initiating group and plan its demise. The initiating group prioritizes the remaining ingredients and starts a dialogue with the community about the Transition Towns movement. Transition Ann Arbor has five members in its initiating group: Nate Ayers, Lisa Dugdale, Jeannine LaPrad, Jeanne Mackey, and Jeannine Palms. When enough community interest has been generated, the initiating group will dissipate and 'Working Groups' will form. Working groups will consist of community members who have interest in particular fields, such as food security, health care, energy conservation, and transportation. Groups will envision a possible sustainable future for their chosen field which will help inform the community's Energy Descent Action Plan, or EDAP. Visualizing a positive future in these areas will help determine what work needs to be done right now to make such a future possible, and the necessary work will become the EDAP. The Energy Descent Action Plan Transition Ann Arbor develops will become Ann Arbor's personal road map for navigating the future without cheap oil.

Beyond this general description of Transition Towns, it is difficult to articulate what a Transition Town actually 'does.' According to Nate Ayers, a lot of the difficulty is that Transition Towns is a new movement attempting to do something that has never been done before. "I think that a huge part of Transition work is that we are creating a dialogue that doesn't exist, so [we] literally have to use new words...we can't point to a picture and say 'there's sustainability.' We don't know what it looks like, we haven't been in this

> **"I think that a huge part of Transition work is that we are creating a dialogue that doesn't exist, so [we] literally have to use new words...we can't point to a picture and say 'there's sustainability.' We don't know what it looks like, we haven't been in this situation before. But that's what Transition is about: finding the solutions."**
>
> **--- Nate Ayers**

situation before. But that's what Transition is about: finding the solutions. What does living in harmony with nature look like? What does a resilient community look like? ....This is a very critical time because we do not have a common language to talk about sustainability so we are literally creating a new dialogue."

While the language may not yet exist to fully explain Transition Towns, one thing that can be said is that the resilience and diversity of the community lay the foundation for surviving a low energy future. Quoting Michael Brownlee of Transition Boulder County, Jeanne Mackey puts it this way, "We know that if we wait for the government to do it, it'll be too little too late. If we try individual solutions, that won't be enough. But if we come together in communities it could be just enough, just in time." Communities are comprised of people with diverse skill sets and life experiences, and each member is a valuable resource. No two Transition Towns are the same; each one is made up of a unique community of members with varying talents and values that will inform the solutions they develop for creating a sustainable future.

What makes Transition Towns so accessible is the philosophy that everyone has something to give. In fact, the success of a Transition Town like Transition Ann Arbor relies on the participation of community members of all social, economic, educational and racial backgrounds. All these people have skills to offer, and support during a difficult time in our history. "Hopefully what Transition is doing is helping people connect with each other and learn how to work cooperatively-- so that when things get tough we'll have some networks in place," Jeanne Mackey says.

Photo by Rachel Pastiva

Cecile Green talks with Transition Ann Arbor initiating group members Jeanine Palms (left) and Jeanne Mackey (center) before hosting her first introductory meeting about the Transition Towns movement.

Alongside community involvement is the importance of learning. Or more accurately, 're-learning.' Before we became an industrial society that relies on cheap oil to manufacture our food and all other goods, these skills were embedded in all members of society. An important goal of Transition Towns is to get them back. Jeanne Mackey says these skills are a part of us. "We are creating something new and we're also, at the same time, reaching back to our roots. We're reaching back to practices and ways of thinking that our ancestors lived and breathed...We are creating something new and we're also, I think, returning to who we are."

Transition Towns aim to return to these practices through a key ingredient of the Transition Towns framework: Honoring our elders. There are people alive today who lived before cheap oil and have skills necessary for us to adopt in preparation of the energy descent. By involving our elders and collecting oral histories, we can preserve these skills and continue to pass them on.

Skills are also being re-learned through informational meetings. For instance, this summer, Nate Ayers welcomed community members into his backyard to watch him build a hoop house for his garden. Instead of just learning the skill himself, he shared it with others who were then empowered to build their own hoop houses and in turn, teach others to build them. A community member with a chicken coop also hosted a viewing of a documentary about raising chickens, a tour of his chicken coop and instructions on raising backyard chickens.

> **"Rob Hopkins likes to say that it takes a tremendous amount of cheap fossil fuels to create the levels of inequality, disease, obesity, and other social ills that we see today. Transition takes the approach that moving away from an oil dependent society should be cause for celebration, and we can make this change more like a party rather than a force- fed social movement."**
>
> **--- Nate Ayers**

2nd Ann Arbor Re-Skilling Festival

Saturday, October 24, 10 a.m. to 4 p.m.
at Rudolf Steiner High School
(See the listing in the **Sustainability** section of
The Crazy Wisdom Calendar for complete information)

In July, Transition Ann Arbor, in collaboration with Rudolf Steiner School of Ann Arbor and Michigan Peaceworks, sponsored a 'Re-Skilling Festival' at Rudolf Steiner High School. The festival included a series of workshops that taught sustainable skills such as building an earth oven, making herbal tinctures, spinning yarn, and canning and preserving your garden's harvest. Events like the Re-Skilling Festival and informational meetings are examples of how community members can come together to teach and to learn from one another, another important ingredient to the movement.

You may have noticed by now that despite the serious threat of peak oil, the Transition Towns movement sees only what we are capable of creating, and not what we are likely to lose. In fact, according to Nate Ayers, "a big tenet of Transition is that life on the other side of oil dependency is going to be a lot better than it is right now." He points out some by-products of cheap oil many of us don't consider. "Rob Hopkins likes to say that it takes a tremendous amount of cheap fossil fuels to create the levels of inequality, disease, obesity, and other social ills that we see today. Transition takes the approach that moving away from an oil dependent society should be cause for celebration, and we can make this change more like a party rather than a force-fed social movement."

> **"We are creating something new and we're also, at the same time, reaching back to our roots. We're reaching back to practices and ways of thinking that our ancestors lived and breathed...We are creating something new and we're also, I think, returning to who we are."**
>
> **--- Jeanne Mackey**

The Transition Towns movement operates on the belief that we are living during a pivotal moment in the earth's history. We, as humankind, have the ability to decide whether or not our planet will be a place future generations can inhabit. Unfortunately for Mother Earth, many of us don't even know we're faced with such a critical decision because we've put our faith in our government and media to tell us what our concerns should be. Yet if we wait for honesty from either of these, the decision will be made for us, and it won't be the one we wanted.

Transition Towns offer us a chance to take back the power to choose a future that is healthy and just for the earth and for future generations. It does so by raising community awareness about the truth of our current predicament. This is the beginning of the real work of a Transition Town, and is the ingredient Transition Ann Arbor is currently pursuing. By educating the community on the stark realities of peak oil and climate change, Transition Towns empower community members to become part of the solution instead of the problem. To raise awareness, Transition Ann Arbor has been holding introductory meetings about the Transition Towns movement, and also hosts a monthly film series in various locations around town. The film series includes documentaries like *Crude Awakening* and *The End of Suburbia*, followed by discussion so community members can express their feelings and gain support in order to make sense of the difficult future that lies ahead of us. Waking up to these facts marks the beginning of an important shift in society, a shift that Nate Ayers thinks is the biggest shift for the movement. "The biggest shift I think we get out of Transition is a cultural shift. A shift in our perspective on our relationship to energy, our relationship to fossil fuels, our relationship to community. It's a very different approach to the way we've been living which suggests we're going to have unlimited growth forever— there's always going to be room to expand. Transition says 'It's not looking that way. Science is telling us otherwise.'"

Whether you believe it right now or not, with each passing day, we are moving closer to a time when our current lifestyles will be a thing of the past. Transition Ann Arbor is giving us an opportunity to prepare ourselves for that day. By coming together as a community and re-learning the skills needed in a low energy future, we might transition smoothly into an age independent of oil. An age that quite possibly may be better than this one. The question is: are you ready to learn the truth?

For more information about Transition Ann Arbor, visit transitionannarbor.org. To learn more about the movement, stop by Crazy Wisdom and pick up a copy of Rob Hopkins' *Transition Handbook: From Oil Dependency to Local Resilience.*

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Finding Judy

By Debbie Eisenberg Merion

Judy’s hair is straight and black and she lives in San Francisco. Mine is curly and brown and I live in Ann Arbor. We grew up together in Philadelphia in the ’60s.

As a child, I was a tall geeky tomboy who coveted her brother’s worn leather baseball glove and loved walking three city blocks to the library. In comparison, Judy always seemed perfectly dressed and remote, like the popular girls who sit together at school lunch. Although Judy is my first cousin — our parents are brother and sister and talk every day — I’ve never understood her.

It’s not that we didn’t spend time together. We blew out birthday cake candles, dug holes in the white sand of Atlantic City, crunched matzoh and butter on Jewish holidays. I looked up to her stylish sophistication (her penny loafers had real pennies in them!) But there was no fun in the equation, no sharing of toys and giggling about boys. I was three years younger. I felt I was invisible to her.

Their single home in the suburbs seemed huge to me in comparison to my parent’s modest city duplex. When I visited Judy’s home, I would sit quietly on the sofa in my mary-janes and white socks, looking at the oil paintings in ornate wooden frames, but I might as well have been standing outside in the snow peering in through a window.

Judy and I stopped seeing each other at Philadelphia family events after we moved away to college. We both returned to attend her mother’s funeral — my aunt died from breast cancer in 1973 — and then I saw her once more in 1977 on a visit to San Francisco. She was driving a VW Karmann Ghia, living alone in a small apartment in Marin County, and managing a small clothing boutique. She was friendly to me, but like a clerk in a store.

After that, I heard her latest news from her father, my Uncle Herman, who I see every December when I visit my parents in Delray Beach, Florida. Judy had gotten married, had a daughter close in age to my daughters. I sent her our family’s annual shiny photo cards and self-mocking family newsletters. I never heard back from her.

One day I realized we hadn’t talked for over thirty years. I got her cell phone number from my uncle and left voice mails. Although they weren’t returned, I still yearned to connect. I have no sister, and Judy and I were both granddaughters to my Grandmother Bessie, who I still feel very close to, decades after her death.

On one Florida visit, Uncle Herman unfolded a scissored news clipping about Judy’s new retail trunk sale business. ”Judy says she’s found her passion,” said Uncle Herman. I was curious about her; what was her passion? How did she find it? Her words sounded like something I would say.

One recent study says that 50% of native-born Americans live outside of their home state. We move to go to college, get jobs, get married. We drift, we have rifts — I have a friend who says that “the falling-out gene” runs in her family. But I think many people still feel the deep need to stay connected to their roots. My beloved Grandmother Bessie believed more in family unity than anything else.

We all have family trees that alternately bloom and droop. What was the gust of wind that caused this acorn to fall off our family tree and sprout into something new and growing?

To answer this, I must turn the clock back to a few months before I found Judy in 2007, when I visited my husband’s cousins in Buenos Aires. Eight of us gathered in cousin Felisa’s living room and took turns telling funny stories about ourselves in Spanglish. But we had never met these cousins before. Neither had my husband’s parents ever met Felisa’s parents.

Their ancestors were two brothers who lived in Russia, but then moved away from each other in 1912, separating the family into Argentinean and American branches. Yet, through the wonders of mail and email, the branches had re-connected after nearly 100 years. On our visit to Argentina, my husband Bob became the first Merion from the U.S. to meet the Argentinean cousins in person.

When Felisa, Marta, Jorge, and Enrique cooked us an Argentinean Jewish feast, showed us family photos, and hugged us tight, it felt easy and familiar, like we had known them a long time.

So, I began to wonder — if I could feel close to cousins I had never met, why couldn’t I feel closer to my American cousin who I grew up with?

A couple of years ago Judy showed up on my radar screen again, when my brother Gary had coffee with her on a business trip to California and told me about it. I decided to try to contact her by email, offering to share a story I had written about why I still felt close to Grandmother Bessie. “If you would be interested in us getting to know each other as adults or hearing about my experiences with Grandmom through a psychic, I’d enjoy that — just say the word and I’ll write back.”

She wrote back the same day: “I would love to get to know you as an adult... and would love to know more about my grandmother. I, too, have worked with psychics and am very intrigued by other realms of getting in touch with our personal journey. So, go ahead and write away! I look forward to hearing from you. xo Judy”

Debbie Merion on the far left, and her cousin, Judy, on the far right, in a 1957 cousins’ photo. Judy’s brothers Michael and Jeffrey and Debbie’s brother Gary (standing) are between them.

That note was the green light, but it was more. She signed it “xo,” the x-for-kiss, o-for-hug abbreviation. The connections began. I sign my email to family and close friends like that, too.

I sent her my 2005 *Crazy Wisdom Community Journal* essay, “My Grandmother’s Spirit is Showing Me Her Pearls.” http://www.crazywisdom.net/interviewpdf/Merion%20pdf.pdf

The essay tells my true story of visiting psychics, each of whom said my grandmother was trying to communicate with me. In 1994, I regularly consulted a woman I nicknamed the “Reluctant Psychic” (RP), because the spirits of people who had died would sometimes distract her in the shower or in business meetings when she wasn’t ready to pay attention.

RP: Your grandmother [who died in 1982] is telling me you talk to her picture.
Deb: Yes, that’s true.
RP: She’s showing me pearls.
Deb: Oh, yes. She wore pearls every day. That was a part of her.
RP: Really? I wasn’t going to say it, but it came in three times, and I have a rule that if something comes in three times, I just say it. My grandmother was a farmer and never wore pearls, so I couldn’t imagine any grandmother doing that.

OK, RP was a bit of a nut, but she was an accurate nut.

Judy wrote: “I just read the piece on Grandmom Bessie last night. It is good for me to have a snapshot of my grandmother. I feel we have lots to catch up on...
Love, xo Judy”

That’s what we’ve been doing ever since.

In the past two years we’ve exchanged hundreds of emails, writing a few times each week. At first I thought Judy might lose interest in writing, like so many people do. I am grateful she hasn’t, and feel it most when she asks about the health of my 86 and 91 year-old parents.

I think our email communication hasn’t died off because we try to be positive and joke about our loving, quirky family. “We didn’t have choices,” said Judy, referring

Finding Judy

to our time together sitting in the same room as kids, but not relating. This is said as a description, without anger, which is good because we will never escape our past.

Judy reads the same spiritual books I do: "The Secret," "A New Earth." Like me, she loves parties and goes to yoga. "Do a down dog [a yoga position] for your cuz," she'll say. "Bye, sweetie," she says after we talk on the phone.

We've only seen each other once since we got back in touch — at her father's 90th birthday party last spring in Philadelphia. There was a moment when she patted the flowered sofa cushion next to her and I squeezed onto it, sitting shoulder to shoulder with her. I noticed something had changed. It was more than that we were adults. I was happy with her. We were noticing each other. We had chosen to be there.

What hadn't changed is that Judy still looked great: white pants, a flowing blouse, trendy gold high heels. Clothes are her passion and her livelihood. She dresses the California upper crust as a creative clothing consultant and manufacturer's representative for a clothing line.

When I showed her a picture of us from 1957 that I had recently found in my parent's garage, she looked at it and said, "At least you had a dress and a hat on! I looked oh so boyish!" I had to laugh. When I first saw the picture, the sporty tomboy in me thought just the opposite: Look at that silly pink dress my mother had me wear. Judy got to wear those comfortable play clothes!

Since I found Judy, I've interviewed my mother, uncle, brother, and Judy by phone about what they remember about us growing up, how family times felt. I'm talking more with her brothers. I'm hearing stories I never heard, like how Judy's dog Taffy got knocked up, or how she always felt left out because her older brothers spent boy time with her father.

Judy's father is a doctor and I had always thought she looked down on our family, like we were the Beverly Hillbillies before they got rich. But, as I said, I never understood her. "I always thought your family was so genteel, so Ozzie and Harriet," she said.

> **"When I showed her a picture of us from 1957 that I had recently found in my parent's garage, she looked at it and said, 'At least you had a dress and a hat on! I looked oh so boyish!' I had to laugh. When I first saw the picture, the sporty tomboy in me thought just the opposite: Look at that silly pink dress my mother had me wear. Judy got to wear those comfortable play clothes!"**

And when Judy's father hands the phone over to his wife as soon as I call, I no longer feel ignored like the little kid or the poor relation. I had a revelation that is so basic, it's embarrassing to reveal. But I never would have had it without getting to know Judy as an adult.

That's just the way he is. Judy says he's that way with her too.

Now that Judy and I are closer, some topics — like how we handled my beloved aunt's death — sit in wait for our next visit together. "When are you going to get your butt out here?" Judy writes.

Why didn't she ever call me back when I left a message on her cell phone six years ago? When I asked her, she said she didn't remember hearing my voice mail, and then apologized. "I guess I was wrapped up in my own world," she said. Who among us isn't? The screw-up was just a blip in time. And all these years I thought her silence had meant something.

Judy is now about the same age that my aunt was when she died. Her husky voice sounds like her mom's did, and she speaks like her too: dramatic, attentive, filled with endearments.

It is satisfying in my 50's to finally start to know Judy. We came from the same genetic pot of Jewish chicken soup, and now there is a ladleful of understanding in everything we say.

Recently, I asked Judy, "Why didn't this happen any earlier?"

Her answer was simple: "It wasn't time. We weren't ready."

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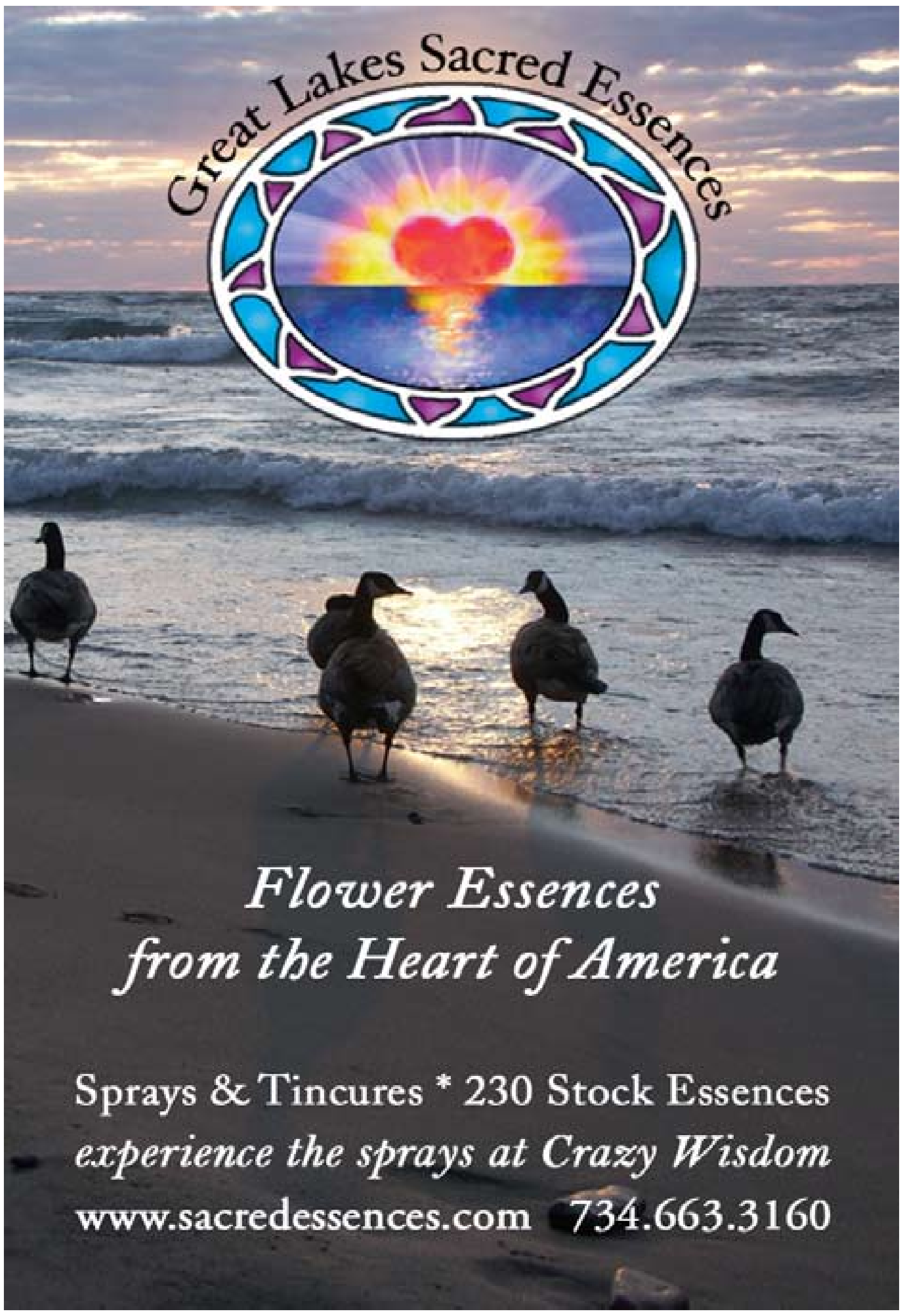
(Debbie Eisenberg Merion is a writer living in Ann Arbor. Write to her at debbie@debbiemerion.com)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Kids in Motion --

A Look at Martial Arts Programs for Young People in the Ann Arbor Area

Articles and Photos by Mary Runser

It is the goal of nearly all parents to see their children become successful and productive human beings. Parents want to know that they have endowed their children with all the tools necessary to succeed at life, and all the situations and adversities that it entails. This is a tall order for parents, and one that is, often, not easily attained. And, given the state of the economy, in many families, both parents have to work in order to keep the family going. This is no one's fault, it is just the way things are; a simple fact of life.

There was a time in our society's history when extended family lived close by, so parents had more resources from which to pull for help in raising children. As good jobs made it increasingly necessary for family members to be separated, people began establishing familial-like ties with neighbors in an effort to form a rich and diverse community in which to raise and nurture children. Now, with more demands on time and neighborhoods becoming less and less safe, parents have to reach out to an increasingly distant community in order to create resources, connections, and safe environments in which children can be nurtured.

From Quest Martial Arts, Sarah Abrams (left) training with Thea Bilich, and Niklas Ford is watching in the background.

Schools have for many years provided programs for children, in an attempt to create a nurturing environment, to challenge their abilities, and to teach skills that can help them to become successful as they grow. Athletic programs have served in this capacity for quite some time, and have had a long history of success. Not all children, however, are team sport oriented, and often the sports better serve those children who are gifted, while those who are not get left on the sidelines or not on the team at all. This is not to say that team sports are bad, they just aren't the answer for all kids.

> **"Most instructors are more than willing to sit down and talk with you and your child to see if their school and their martial art will be a good fit."**

TAE KWON DO
B.C. YU

From B.C. Yu Martial Arts (from left to right) Peter and Jacob Gabriel training with Ben Giampetroni

A viable alternative, for those children who want to be involved in athletics but are not particularly team sport oriented, is the martial arts. There is a plethora of martial art forms that can be learned, and there are a number of really good schools to choose from. The key is to talk to your child to find out what they might be interested in, and then go and visit different schools and talk to the instructors. Most instructors are more than willing to sit down and talk with you and your child to see if their school and their martial art will be a good fit. As a matter of fact, they encourage this. And most will offer at least two free classes so that you and your child can make a truly informed decision.

All martial arts have a common goal; to be able to physically defeat another person and to defend oneself or another from a physical, perhaps, life-threatening attack. As stated earlier, there are many different kinds of martial arts from which to choose in order to accomplish this particular goal. There is Tae Kwon Do, Karate, Ninjitsu, Tai Chi Chuan, and Tai Ki, to name only a few. And even within these disciplines, there are different levels that one could pursue, given your child's particular interest. While the goal of each is similar, there is also room to attain personal goals of physical, mental, and spiritual development and fitness.

It is difficult to think about the interests and goals of children starting as early as age three. While this may sound early to consider such training, it is the age when children are beginning to develop their own personalities, identities, and even needs that extend beyond home and family. At age three, a child is only two years away from beginning their educational training in which they will be interacting with other children and adults, and may well already be feeling the need to know and understand their capabilities, limits, and even where and how they fit into the world around them. When you think about it in these terms, the discipline and focus learned through martial art training may well be the positive step forward that your child needs.

From Okinawan Karate Club, Seve Williams performing Karate kick with Sensei Barb Christensen.

And yes, your children will learn to fight to protect themselves, but they will also learn avoidance techniques, ways to get out of danger without having to engage in an actual fight. They will also learn good socialization skills through interacting with other children and adults, and great focusing skills, along with perseverance. All of the martial arts have a belt or a combination belt and stripe system. Belts signify the different levels of progression through the art, and the stripes signify steps achieved on the way to the next level. This gives children lots of opportunities to be rewarded and experience a sense of achievement.

> **"And yes, your children will learn to fight to protect themselves, but they will also learn avoidance techniques, ways to get out of danger without having to engage in an actual fight. They will also learn good socialization skills through interacting with other children and adults, and great focusing skills, along with perseverance."**

One of the greatest benefits of martial art training, aside from learning a really cool and extremely useful skill, is that it helps them get into, and stay in, good physical condition. The practices really are very high energy with lots of movement, which is good for overall muscle tone and strengthening. These things help children to have an improved self-image, which is an irreplaceable quality to have throughout your lifetime. All of this takes place in a fun and safe environment in which the children begin to view their instructors and other students like extended family members.

I invite you to take a journey with me through some of the martial arts schools in our area. This is, by no means, an exhaustive list, but should serve as a starting point from which to begin researching the right place for your child. And, just to put worried parental minds at ease, you will be hard pressed to find a school here in Ann Arbor where the instructors are not cognizant of, and strive to provide for, the needs -- both developmental and social -- of the children with whom they are entrusted.

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From White Crane Michigan Dojo, Conner Graham (right) performs Karate move with Gary Vartanian.

Other Martial Arts Studios with Kids' Programs

Peaceful Dragon School
1945 Pauline Blvd. Suite B
Ann Arbor, MI 48103
734-741-0695
www.peacefuldragonschool.com
Director: Master Wasentha Young
Arts Taught: T'ai Chi Ch'uan and Chi Kung
Kid's Programs: Chi-Do™ (pronounced chee-doe) class for Teens- ages 13 - 15

Asian Martial Arts Studio
208 South Fourth Avenue
Ann Arbor, MI. 48104
734-994-3620
www.a2amas.com
Head Instructor: Karl W. Scott III
Arts Taught: Okinawan Karate- Do, Judo, Aikido, Kungfu

Family Martial Arts
400 West Washington Avenue
Ann Arbor, MI. 48103
in the Ann Arbor YMCA- members receive a discount rate
734-475-3622
www.familymartialarts.us
Head Instructor: Master Ann Hotaling
Art Taught: Tae Kwon Do
Kid's Programs: Little Dragon's- ages 4-5, Junior Jaguars- ages 6-8, TKD Kids- ages 9-11

Keith Hafner's Karate
214 South Main Street
Ann Arbor, MI. 48104
734-994-0333
khafner@provide.net
Director: Keith Hafner
Head Instructors: Jason Hafner, Ian Hafner, Terry Brennan
Art Taught: Tae Kwon Do
Kid's Programs: Mini Pee Wee's, Pee Wee's, Junior's, Senior's

Aikido Yoshokai Organization
749 Airport Boulevard Suite 4
Ann Arbor, MI. 48108
734-662-4686
www.aikidoyoshokai.org

Ann Arbor College of Martial Arts- formerly located at University of Michigan
1952 South Industrial Suite H
Ann Arbor, MI. 48104
734-913-6000
www.a2coma.com
Art Taught: Godai Goshinjutsu- purely a self-defense art.
Kid's Program for self-defense only, Kidfit Program to fight childhood obesity. Free tutoring for school classes for kids enrolled in program.

Martial Arts Advantage
6105 Jackson Road
Ann Arbor, MI. 48103
734-996-9699
www.themartialartsadvantage.com
Art Taught: Ninjutsu (Ninpo Taijutsu)

Huron Valley Aikikai
1904 Federal Boulevard
Ann Arbor, MI.48103
734-761-6012
www.hv_aikido.com

(Four individual Martial Arts Studios are spotlighted starting on page 28.)

Sensei Ryan Wilson, Cinda Hocking, Barbara Marynowski, and Devin Alfather, White Crane Michigan Dojo

Kids in Motion -- A Look at Martial Arts Programs for Young People in the Ann Arbor Area

White Crane Michigan Dojo

While Sensei Ryan Wilson does not currently run a kid's program at his White Crane Dojo, he has worked with children in the past, and would certainly do so again. The arts offered at White Crane consist of Juko Ryu Hakutsuru White Crane Kempo (Hard Fist) and Kin Da (locking and throwing), Juko Ryu Aiki Inyo Tai Ki (similar to Tai Chi training), and Juko Ryu Aiki Inyo Goshin Jutsu (self-defense art).

White Crane's Juko Ryu Aiki Inyo Tai Ki, is very similar in training to Chinese Tai Chi. It is a controlled method of exercise, performed in a relaxed, nearly meditative manner. Reduced stress levels, lowered blood pressure, reduced heart rate variability, increased internal energy, enhanced health and longevity, and improved balance and coordination are some of the benefits gained from practicing Tai Ki.

"Tai Ki is a deceiving art form because of the grace, beauty, and fluidity involved in the movements, but it is also an efficient and effective form of self-defense."

Devin Alfather, age 18, who has been practicing this particular system for about a year, said that Tai Ki fascinated her because, "It's like a very slow wave, something that has no end. It gives me an immense power and feeling of control over my body. It gives immense potential to just about anything I want to do."

As a meditative practice and a physical exercise, "When you start to slow everything down and combine it with the breathing, you start to inhabit your body more," Cinda Hocking, a certified instructor at White Crane, explains. "You see what you are doing, and what your conditioned, auto-pilot responses are. You give yourself time to pause and maybe choose your actions. You get comfortable in your body, and you're no longer just living in it from the neck up, which is what a lot of us do. It's very empowering. It feels good to be able to put that grace, beauty, and yet strength together, being with yourself, very calmly." The principles and focus that you learn through practice can definitely be taken outside of performing the Kata or techniques of the art and applied to everyday life situations.

"Kids tend to have difficulty with Tai Ki because it is not a fast moving art form, and it's not aggressive or rough and tumble. It takes a good deal of concentration, time and practice to learn the moves, and often the attention span of a young child is not long enough to allow them to incorporate all the moves."

Devin Alfather adds, "You have everything in your subconscious, your reflexes, you have your breathing, and you can integrate them and then incorporate them into your everyday activities." This part of the practice is known as the ability to take your art home with you.

Tai Ki is a wonderful system of exercise and conditioning, but it is also a martial art. It is considered a "soft" or "internal" art that, like Tai Chi, is a method of changing a response to an outside force. The central idea is to receive the force from an outside attack and follow through by diverting the power, rather than meeting that attack with an equal and opposing force. As an observer, Tai Ki is a deceiving art form because of the grace, beauty, and fluidity involved in the movements, but it is also an efficient and effective form of self-defense.

In response to the idea that there seems to be two sides to Tai Ki, Sensei Ryan explains that, "The most ancient martial arts have focus in mind, body, and balance, with coordinated breathing. Whether you approach it from a mind perspective, a body perspective, or a breathing perspective as your primary focus, the other three get pulled along with your primary focus. The point is that there is no mind, body, or breath independently, it is all one thing." Tai Ki can be practiced solo, as an exercise and meditative form, as well as with a partner in a sparring situation, in which the speed of the movements are increased to simulate an attack or confrontation, but both forms constitute a single art or practice.

Kids tend to have difficulty with Tai Ki because it is not a fast moving art form, and it's not aggressive or rough and tumble. It takes a good deal of concentration, time and practice to learn the moves, and often the attention span of a young child is not long enough to allow them to incorporate all the moves. Tai Ki is also an art form in which "you have to be tolerant of frustration as well as your own learning curve," Cinda says. "You have to have the ability to not always be great at everything, and be as excited about what you don't know as you are about what you already know." It might easier and more beneficial for a young child to begin training in Karate or another art, and then move to Tai Ki later on.

"I chose Karate," Conner Graham (age 14) says, because I don't really like team sports all that well, and because the focus and discipline that I learn here helps me in other areas outside of here."

The Kempo Karate class may be of more interest to kids because it is a fighting and self-defense art. The main focus is on Kin-Da, which concentrates on locking and grasping techniques, and Karate Jutsu, which focuses on fist and foot techniques. It is a more traditional style of martial arts that kids would be familiar with. Kempo Karate can trace its history back to the Okinawan tradition. New forms are practiced with a partner repeatedly, and then added to forms that have already been learned. There are five Crane levels to this Karate. Advancement into higher levels is dependent upon performance of the forms, and testing is often completed with a partner in a sparring situation.

Conner Graham, age 14, has been practicing Kempo Karate at White Crane for about a year, and is currently a white belt. His martial arts training helps him to be able to focus his mind on Karate rather than worrying about school- related or other outside things. "I chose Karate," Conner says, "because I don't really like team sports all that well, and because the focus and discipline that I learn here helps me in other areas outside of here." He has had to use a karate form as a means of defending another student at school on one occasion, and he admits to being tempted to use Karate when he shouldn't, "but I never have." Conner certainly encourages other kids to consider taking Karate because "it really boosts your confidence in yourself, and helps you concentrate and maintain focus while in Karate, but also in other situations."

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White Crane Michigan Dojo
749 Airport Rd. Suite 1N
Ann Arbor, MI.
Head Instructor: Ryan White

Martial Arts Instruction in:
Juko Ryu Hakutsuru White Crane Kempo and Kin-Da
Juko Ryu Aiki Inyo Tai Ki
Juko Ryu Aiki Inyo Goshin Jutsu

Tai Ki Form Practice - Cinda, Barb, and Devin

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2nd & 4th Saturdays each month,
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No appointment necessary
734-395-4999 • jilliankerry@gmail.com

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Saturdays, 2-5 p.m. • $1 per minute
No appointment necessary
Call 734-327-9568 • in-genius@comcast.net

Kids in Motion -- A Look at Martial Arts Programs for Young People in the Ann Arbor Area

Quest Martial Arts

Keith Copeland, owner and director of Quest Martial Arts on Packard Road, is excited about the martial art that he and his instructors teach, because it has a 900-year history behind it. It is a true ancient ninja art form with skills developed by real people who were trying to survive during a tumultuous time in Japan's past. The art taught at Quest Martial Arts is To Shin Do, based on the art of Ninjitsu, which focuses on unconventional or guerilla style warfare. The art is known for its qualities of stealth, secrecy, endurance, perseverance, and patience. Though there are 18 distinct fighting skills involved in the art, ranging from spiritual refinement and unarmed combat to throwing, and even weapons fighting, "It's a form that anyone can learn." Keith (who is 50-something, about 6 feet tall and has graying hair) says, "You don't have to be big and strong to be good at this art. It really is a skill that is more dependent upon superior positioning, than it is on strength."

Quest Martial Arts has five different programs available for kids, beginning at about age four and continuing through age 18. The training begins with the very basics consisting of balance, coordination, working around obstacles, and safe rolling skills in the Little Dragons class. The Little Ninjas begin to learn basic kicks and punches, concentrate on coordination, and how to avoid objects. At the Cool Kids level, kids begin to learn combination movements, develop flexibility, and focus on footwork and movement techniques. Finally, Storm level kids learn increasingly complex movements, ways of getting to the ground safely, a variety of kicks and punches, and finally "Katas", which are combinations based on specific self–protection situations. As you can see, each level builds upon the skills acquired in the previous level.

Keith and his wife, Donna, also own an organizational consulting company in which they work with many Fortune 500 companies to develop their staff. The training that they do revolves around working with the entire human system, rather than just the particular strengths or weaknesses of an individual. "It's all about how you get real transfer of knowledge and skill." Keith says, "And in order to do that, you really have to involve the whole person." Keith has also authored a book entitled *The Path To Yourself: The Inner Search for Outer Meaning,* and has developed a couple of training videos that deal with the subject of the human system. Because of their experience in this arena, Keith and Donna have been able to bring that idea of involving the entire person into their martial art school by developing a mind science curriculum that is taught in tandem with the martial art itself. In addition to the physical skills that are taught, there is also instruction on age appropriate life skills at each level. So again, at the youngest age children are learning cooperative play, sequencing and ordering, expression, and control. The next level learns focus, respect, memory, self–discipline, teamwork, and control. Kids in the next level begin learning concentration, courage, perseverance, and intensity. And finally, at the highest level of instruction, kids are presented with challenges, learn to build on another's ideas, and learn leadership and organizational techniques. It really is a well-rounded program that addresses both the social and developmental needs of children, all while they are giving their bodies a very physical workout.

Keith Copleand, Andreas, Karsten, and Annika Mawby

"Keith and Donna Copeland of Quest have been able to bring the idea of involving the entire person into their martial art school by developing a mind science curriculum that is taught in tandem with the martial art itself."

Keith Copeland of Quest presenting certificate of Toshindo name to Michael Shapiro

Michael Shapiro, age 14, says, "It's hard to imagine what I would be if I hadn't been going." He goes on to explain that his training has helped him to become more self-conscious (in a good way), more respectful, more disciplined, and that it helps him stay on track with things.

"Martial arts really get the whole child integrated by using all the modalities: aural, visual, and kinesthetic." Keith explains. "In class, they are given instruction about a drill, it is demonstrated for them, and then they perform it. It really incorporates all aspects of learning. And it really is about getting the body moving in different ways for different situations." All children are different, with different bodies and different experiences and skill sets. To Shin Do is not a one size fits all art. It is adaptable, and can meet any child where they are and work from there. "The whole idea behind the Ninja art, and To Shin Do in particular, is not to have everyone be the same, but rather for each individual to be the best that they can be." Keith explains. "I don't want my students to just replicate me; instead, I want them to be unique persons themselves. So, that's what differs in our art. We really support self-actualization."

"Martial arts really get the whole child integrated by using all the modalities: aural, visual, and kinesthetic."

Focus is a key element for training at Quest Martial Arts, not just focusing your mind, but focusing your whole being toward a goal. "This is a good skill for kids to have. Not all of us have been taught that skill." Keith explains. "I am 53 years old now, but when I was growing up there were less things to distract me, and society had more of a village feel to it. Kids had more role models and more people willing to tell them when they were out of line or had crossed a boundary. Today's society has really lost that in many ways." Keith and the staff at Quest Martial Arts are trying to reestablish that "village feel" through their instruction techniques, and the parents of children enrolled in the program seem to appreciate it.

"I am amazed at the benefits my children get from learning this martial art," Kristi Mawby says of her three children enrolled in classes at Quest. "Not only are they learning how to protect themselves, if ever faced with a violent confrontation, but they really are becoming very strong and confident individuals who truly care about others. They are gaining a more global perspective because they are learning here, like they do at home, that everything isn't just about them, and that personal and instant gratification is not always the best thing."

Keith Copeland, Karsten, and Annika Mawby.

"The art taught at Quest Martial Arts is To Shin Do, based on the art of Ninjitsu, which focuses on unconventional or guerilla style warfare. The art is known for its qualities of stealth, endurance, perseverance, and patience."

Michael Shapiro, age 14, speaks highly of the eight years of training he has received at Quest. He admits beginning training because all of his friends were doing it, but he stuck with it after they all dropped out. He stuck with it because "it was fun, and it taught me a lot." Michael says, "It's hard to imagine what I would be if I hadn't been going." He goes on to explain that his training has helped him to become more self-conscious (in a good way), more respectful, more disciplined, and that it helps him stay on track with things. Michael admitted that one of his favorite parts about To Shin Do has been learning how to take down people who are much bigger than him. "But you know, it's not just the physical skills that I enjoy, there are also a lot of introspective things that they teach you." Michael explains, "I work to build love, happiness, and loyalty among all the members of my family. I avoid putting temporary personal benefit ahead of the welfare of those I love. This is the last of the Codes of Mindful Action that we have to learn throughout our training. They are just things that I think help you to have a better life. I think that when I have a family of my own, I will have to practice this particular action every day. It applies to me now, but it will apply even more when I am older."

Sage words from one so young perhaps, but it is a good and practical concept nonetheless. And again, it reinforces the idea that the martial arts are about much more than just teaching kids some nifty fighting techniques and methods of physical fitness, it really is about developing a sound and entire individual.

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Quest Martial Arts
2111 Packard St.
Ann Arbor, MI. 48104
734-332-1800
Director and Head Instructor:
Keith Copeland
Head Instructors: Donna Copeland,
Ryan Sullivan

Kids Programs:
Little Dragons: Age, Four Years
Current Enrollment: 8
Maximum Class Size: 25
Little Ninjas: Age- Five thru Six Years
Current Enrollment: 45
Maximum Class Size: 25
Cool Kids: Age- Seven thru Eight Years
Current Enrollment: 65
Maximum Class Size: 25
Storm: Age- Nine thru Twelve Years
Current Enrollment: 85
Maximum Class Size: 25

Sarah Abrams and Thea Bilich

Kids in Motion -- A Look at Martial Arts Programs for Young People in the Ann Arbor Area

Okinawan Karate Club of Ann Arbor

“Awareness is one of the key attributes of martial arts.” Barbara Christensen, director of the Okinawan Karate Club of Ann Arbor, says. “Awareness of yourself, others around you, your physical surroundings, and even an awareness of what you want to do or don’t want to do, is all part of the concept of self-defense.” Martial arts really do help children develop a keen sense of awareness, which is helpful in school and playground activities because they don’t have to become victims in a bullying situation.

Sensei Barb Christensen surrounded by staff and Youth class.

At the Okinawan Karate Club, children can begin training at the age of four in the L’il Dragons program. At this level, kids are taught coordination and balance skills, basic Karate techniques, focus and following directions, and each session ends with a fun karate game. Belt promotions are also awarded at the end of each eight-week session, because smaller children cannot go three to six months before being rewarded for their efforts. “By doing this, we set up a pattern of success.” Barb explains, “And by the time they move into the youth program, at seven or eight, they have a fabulous foundation in the basics, and are ready to move on to more advanced training.”

If obtaining a black belt is the goal, which is most often the case, it takes a number of years to do in Karate. A child who begins training at eight or nine years of age can reasonably reach black belt level around age thirteen or fourteen. If a child starts at the age of four, then it takes closer to ten years because they can’t do as much physically. “I make it my goal to get kids in black belt before they get into high school.” Barb says. “There are so many demands on their time between classes and studying, band and choir, and all the different sports. And that’s okay; those are all things that you should do when you’re in high school.”

Karate is actually really great physical training for other sports. As Barb explains, “We work all the gross motor skills, all the fine motor skills, we do falling and rolling and jumping, we do techniques that require you to think, and techniques that require finesse, and we do all the kicks, punches, and blocks. You have all the movement, balance, and muscle strengthening. So if you practice Karate, you can go into any other sport, and do it well.”

A class performing warm-ups.

Karate is all about the individual. “It’s athletic, it’s intellectual, it’s unlimited.” Most people who have been in martial arts for any length of time will end up training in more than one form. Barb has been training in Karate for about 30 years and is a 7th degree black belt, which is actually quite high for a woman in martial arts, and she has also trained in Aikido. “There are weapons training, and sparring, there’s just so much. When you combine more than one art, there are more techniques, better techniques, and better ways of doing it.” Aikido is about locks and throws, where Karate is about blocks, kicks, and punches. But both forms have at least some component of each. You do blocks in Aikido, but you aren’t very good at them, just like we do throws in Karate, but aren’t very good at them. When you start mixing the forms, you just get better at all of it. “It really begins to take on the creative expression of the individual practicing, and it’s something that can be done throughout your lifetime.”

One of the biggest overall benefits, according to Barb, is confidence. There are more belts in the kid’s program so there are smaller segments of time in between promotions. You get your first belt and immediately begin working toward the next, and then the next. You set a goal and achieve it, set a goal and achieve it. “It doesn’t take long for kids to develop a sense of always succeeding. And that’s a great mentality for them to have, and one that transfers to absolutely everything else in life.”

Other benefits can be gleaned from the practice as well. “He has more self-esteem, energy, balance and confidence.” Greg Heimann says of his son, Theo, “It’s really been a holistic thing for him. I can see him using the concepts that he learns here when he has to make choices and decisions about things he needs or wants to do. I’ve even seen him use his circle block while playing with another child, not in a bad way, of course. They were playing at something and this kid came toward Theo, and out popped his circle block. It was really kind of cool to see how natural it had become for him. I’ve watched him do this for so long now that I just couldn’t sit and watch any longer, I am now a student myself.” Focus is another benefit that Richard Galler has seen in his son, Sam. “We’ve really seen improvement on Sam’s report cards. We’ve gone from teacher comments like, ‘Sam doesn’t pay attention in class,’ to ‘Sam is a very attentive student.’” Even Sam can notice the benefit of his practice. “I’m hyperactive, so Sensei Barb says this is good for me,” Sam explains, and then he runs off to do other things while his dad talked. He came back a few minutes later. “Hey Dad, I’m just outside playing with some kids,” Sam says, as he pokes his head through the door. “That is something else Sam wouldn’t have done a couple of years ago,” Richard says. “He’s learning to be more responsible and to take ownership of his actions and behaviors.”

“Barb Christensen is also a founding member of the National Women’s Martial Arts Federation… ”Every summer they have a special training session for women and girls in martial arts. It is a great way for women and girls of all skill levels to practice their art and learn new techniques in a fun and safe environment.”

Barb is also a founding member of the National Women’s Martial Arts Federation. “It is a thriving organization that has been around for about 30 years now.” Barb explains, “And every summer they have a special training session for women and girls in martial arts. It is a great way for women and girls of all skill levels to practice their art and learn new techniques in a fun and safe environment.”

Theo Heimann and Sensei Barb Christensen

When asked about the use or misuse of karate outside of the dojo, Barb answered that it is not an issue she has to deal with frequently: “My students know that karate is to be used only inside the dojo, not on others outside.” But we need to keep in mind that karate is not just about fighting; it is also a form of self-defense. “If someone touches you, you have a right to defend yourself. That’s my stance. You have a right and a duty to protect yourself.”

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> **“There are more belts in the kids’ program so there are smaller segments of time in between promotions. You get your first belt and immediately begin working toward the next, and then the next. You set a goal and achieve it, set a goal and achieve it. “It doesn’t take long for kids to develop a sense of always succeeding. And that’s a great mentality for them to have, and one that transfers to absolutely everything else in life.”**

Okinawan Karate Club of Ann Arbor
Dakota Building
1785 W. Stadium Blvd.
Ann Arbor, Mi
734-678-3882
Director and Head Instructor: Barbara Christensen

Kids’ Program:
Lil Dragons: Age: 4-6 years. Current Enrollment: 10
Youth Karate: Age: 7-14. Current Enrollment: 20

Students training at Okinawan Karate Club

InGenius
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Intuition Consultant
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Kids in Motion -- A Look at Martial Arts Programs for Young People in the Ann Arbor Area

B.C. Yu Martial Arts

Andy DeJesus is excited about martial arts, and has been for many years. After he was introduced to Tae Kwon Do at the age of six, there were many times that he wanted to quit because it was hard work and he just never felt like he was a natural at it. Nonetheless, he persevered, very much because of his father's insistence, and today, is glad that he did. "It took a lot of practice and patience," Andy says, "but I got better at it and along the way, I learned many valuable things about myself and life in general." The approach to teaching martial arts to kids has changed over the years. "When I was a kid growing up in martial arts, there were no separate classes for kids." Andy says, "You were in the same classes as adults, and if you didn't learn the techniques, or couldn't behave yourself and act like a little adult, then you weren't allowed to go to class. Today, almost every martial arts school has classes that are specifically designed for children, and I think that is a very positive change."

"Tae Kwon Do (foot and hand), Modern Arnis (Philippine Stick Fighting), and Brazilian Jiujutsu (ground fighting) are the three arts taught at B.C. Yu."

As an instructor, Andy's concern is that "kids are exposed to so many things; there are so many activities available for kids that it's hard to make a choice between just one or two things. They end up trying to do a little bit of everything and often times, it's just too much; and sometimes they really have nothing that is truly theirs." The problem is that they seldom really stick with any one thing. They are always starting something and then quitting. That's not an attitude that leads to follow through and the successful completion of a goal, which is what success in life is built upon. Team sports are based on, well, the team's effort to win the game. Sure, individual efforts are recognized, and some players even become the stars of the team. But an individual player cannot win the game. Martial arts are different because they really are based on the individual. The instructors teach and demonstrate moves, give encouragement and feedback; but it really boils down to the individual child's determination and desire to learn, perform, and improve in their art. "Tae Kwon Do," Andy says, "becomes something that each child can call their own."

Peter and Jacob Gabriel

Ben Giampetroni, a student at B.C. Yu: "Tae Kwon Do allows me to be athletic in a way that I compete only against myself to improve myself." Part of that self-improvement comes from a belief in the Five Tenets of Tae Kwon Do: Courage, Integrity, Perseverance, Self-Control, and Indomitable Spirit; as well as the Student Creed: knowledge in the mind, honesty in the heart, and strength in the body.

Martial arts are great for kids because it keeps them physically active and fit. You don't have to be strong to do martial arts, but they will increase your strength and stamina, and will improve your overall conditioning over time. The consistent repetition of forms and techniques is also a great way to teach discipline that can readily be applied to other areas of life. There are lots of great lessons and socialization skills that can be learned through the practice of martial arts, but Tae Kwon Do is a martial art, and the kids are kicking, punching, blocking, and learning to defend themselves. "There was a time when," Andy says, "if you were involved in martial arts, it was because you liked beating people up. And now, more recently, the arts have been used more as a self-defense strategy and a socialization tool. These are both great aspects of the art, but I like to work to strike a good balance between them."

Tae Kwon Do (foot and hand), Modern Arnis (Philippine Stick Fighting), and Brazilian Jiujutsu (ground fighting) are the three arts taught at B.C. Yu. The basic idea is that in a self-defense situation, you need to defend yourself through punches, kicks and blocks, against weapons of an attacker, or if someone grabs you and you end up on the ground. These three styles allow you to have a complete package in self-defense. Tae Kwon Do is the art taught in the kid's program. Especially for the young kids, ages three to six, it is the easiest place to start. "On the physical side, there really isn't a lot that kids this age can do other than some basic punches and blocks," Andy explains, "but there are some social skills that they can pick up that will be useful to them when they start to school, or even at home, in relationship to their parents and siblings." For young kids, Tae Kwon Do really trains them in how to grasp and control their own physiology, and it teaches discipline and structure. As kids get older and move into higher belt levels, they can really begin training, and mastering the art with more complex forms and movements, and really learn self-defense. At the black belt level, students can and are encouraged to incorporate the other arts. "It's a matter of incorporating the best of each style .I don't care what style it is, they all have some wonderful and beautiful things to offer. And every style has some weak points, areas that they don't focus on." Andy says, "But the three styles we teach provide a more balanced approach to self-defense and allow you to protect yourself from different ranges."

Peter, Kathy, and Jacob Gabriel

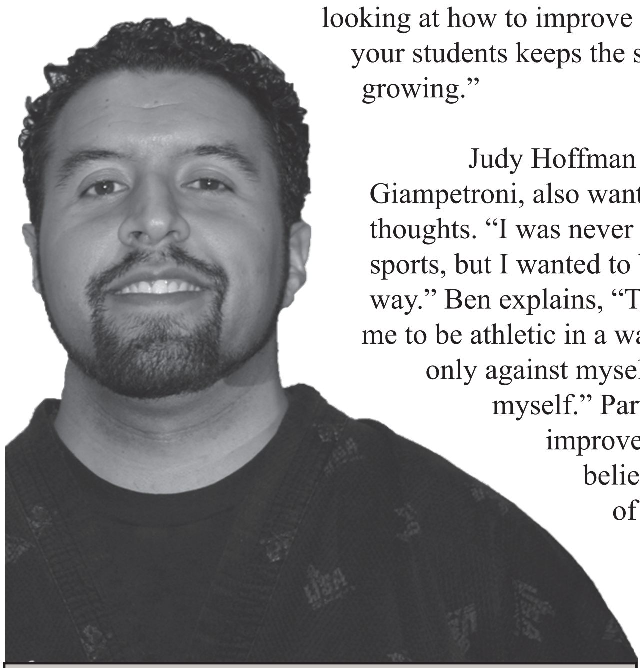
Of her two sons, Kathy explains that "they both had different reasons for taking Tae Kwon Do, and as a parent, I can see where the training has helped them both… But there is also a meditative aspect that I think helps center them, and that will be of increasing value to them as they get older. And that is one of the many skills that I think they are really starting to take with them outside of the dojo."

"Go to the facility you are considering, sit down and talk to the instructor. The relationship between the student and the instructor is a special one, and you need to be able to get along with the instructor, and feel that they are going to be able to help you become a better person. It doesn't matter what style of art they teach if you are comfortable with them, and feel that you can learn from them."

Besides the great physical benefits (exercise, improved cardiovascular health, increased stamina, and muscle toning) that training in martial arts provides, there are also some excellent personal development aspects that can be obtained as well. Two things that immediately came to Andy's mind were self-confidence and leadership skills. Because he continued to practice his art and continually got better at it, he had a greater sense of confidence. "When I earned my Black Belt, I got to start teaching some classes, and that developed a lot of leadership skills. And because I got to teach regularly, I became very comfortable with speaking in front of people. I realized that, after graduating from high school and college, I had a lot of opportunities open up to me because of my ability to speak." Today, Andy gets to enjoy instructing and running his school full time.

Some of Andy's students were willing to speak about their experiences with Tae Kwon Do, and about working with Master Andy. 15 year old Jacob Gabriel got involved in Tae Kwon Do because he wasn't really interested in team sports, but wanted to be involved in something athletic. "I love this place and this art," Jacob says. "It is a great way of working my body, but it's also given me a lot more confidence in myself physically, but also in general, in the way that I approach things." Younger brother Peter (14) says, "I have issues with my temper, and the training I get through Tae Kwon Do helps me to control it better, at least when others are doing what they're supposed to be doing." Kathy Gabriel looks at her son and asks, "And what does Master Andy say about that?" Peter lowers his eyes and answers, "That I only need to be concerned about whether or not I'm doing what I am supposed to be doing." Of her two sons, Kathy explains that "they both had different reasons for taking Tae Kwon Do, and as a parent, I can see where the training has helped them both -- Jacob, for athletic training and strengthening, and Peter, with controlling his temper. But there is also a meditative aspect that I think helps center them, and that will be of increasing value to them as they get older. And that is one of the many skills that I think they are really starting to take with them outside of the dojo."

Andy commented on the spiritual aspect of martial arts. "There is definitely an inherent spirituality to martial arts." Andy says, "And it's something that I have gotten away from. Again, I think it is one of those areas where the pendulum swung too far in that direction. But now I want to get back to it (the inherent spirituality in martial arts) because I think it is a vital element of the art. I just want to make sure that we maintain a balance so that it is something that is good for everyone involved." Andy admits that his age has been a factor in some of the decisions he has made. Although he is a fifth degree black belt, he is only 31 years old, and sometimes he has to stop and think about how he's approaching the school's mission, and maybe go back to something he wasn't quite sure about at an earlier time. "That's the nice part of being a school owner. That process of always looking at how to improve what you're giving your students keeps the school alive and growing."



Master Andy De Jesus

Judy Hoffman and her son, Ben Giampetroni, also wanted to share their thoughts. "I was never drawn to team sports, but I wanted to be athletic in some way." Ben explains, "Tae Kwon Do allows me to be athletic in a way that I compete only against myself to improve myself." Part of that self-improvement comes from a belief in the Five Tenets of Tae Kwon Do: Courage, Integrity, Perseverance, Self-Control, and Indomitable Spirit; as well as the Student Creed: Knowledge in the mind, honesty in the heart, and strength in the body. "I think those are just really good principles to live by." Ben says. "And while this is not a competitive sport," Judy adds, "they do watch each other, and try to help when they see that someone is having difficulty in a certain area. So, they really do develop a sense of community, which will help them no matter where they go in life."

Master Jane Ophoff

As a final thought, Andy wanted to make it clear that as a prospective student, or the parent of a prospective student, don't just call a facility and ask questions, or do all the research online. "Go to the facility you are considering, sit down and talk to the instructor. The relationship between the student and the instructor is a special one, and you need to be able to get along with and feel that they are going to be able to help you become a better person. It doesn't matter what style of art they teach if you are comfortable with them, and feel that you can learn from them. It really can be the difference between a positive and lasting, or a negative and short-term, experience with martial arts."

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B.C. Yu Martial Arts
5204 Jackson Rd.
Ann Arbor, MI. 48103
734-994-9595
Director and Head Instructor: Andy DeJesus

Kids Programs:
Little Ninja's: Ages 3-5. Current Enrollment: 12
Maximum Class Size: 20
Youth Tae Kwon Do. Ages 5-12
Current Enrollment: 80
Maximum Class Size: 20

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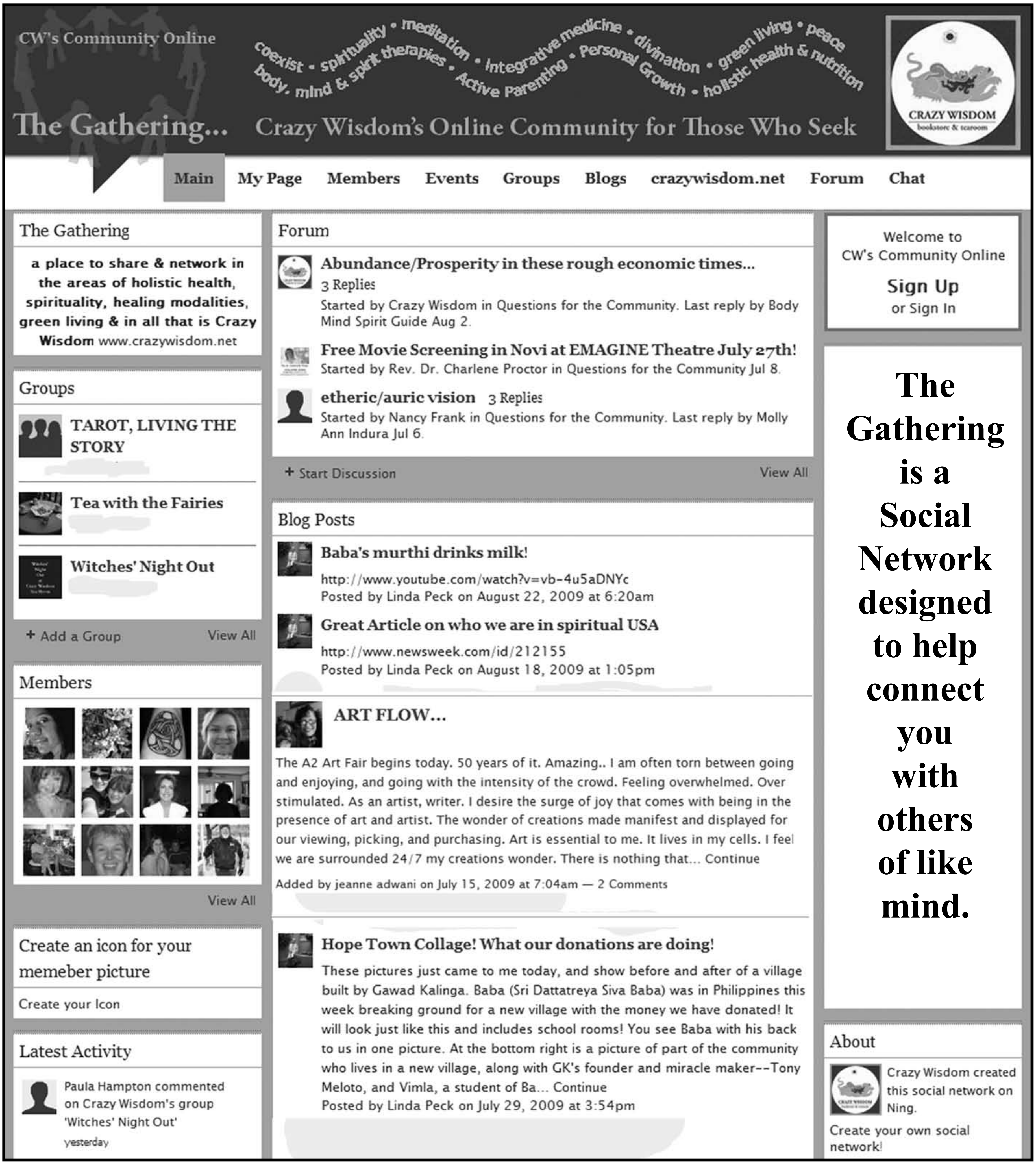
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http://www.newsweek.com/id/212155
Posted by Linda Peck on August 18, 2009 at 1:05pm

ART FLOW...

The A2 Art Fair begins today. 50 years of it. Amazing.. I am often torn between going and enjoying, and going with the intensity of the crowd. Feeling overwhelmed. Over stimulated. As an artist, writer. I desire the surge of joy that comes with being in the presence of art and artist. The wonder of creations made manifest and displayed for our viewing, picking, and purchasing. Art is essential to me. It lives in my cells. I feel we are surrounded 24/7 my creations wonder. There is nothing that... Continue

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Posted by Linda Peck on July 29, 2009 at 3:54pm

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THE CRAZY WISDOM CALENDAR

A Free Guide to Local Classess, Workshops and Events

SEPTEMBER THROUGH DECEMBER 2009

Spiritual Teacher
Brenda Morgan on Page 16

Transitions Counselor
Melanie Fuscaldo on Page 63

Kids and Martial Arts
on Page 26

The Crazy Wisdom Calendar

Acupressure & Shiatsu

Foundations of Shiatsu with Craig Parian at Ann Arbor Institute of Massage Therapy • Nov. 14-15, 9-5 each day • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. In class, students will learn basic Asian philosophy, meditation guidelines, location of meridians, and some basic acupressure that can be integrated into other massage work. Open to the public. No prior massage experience necessary. 14 CE credits. $250. Call 677-4430, fax 677-4520, info@aaimt.edu.

Do-It-Yourself Shiatsu with Cynthia Conklin of Eastern Sun Shiatsu • Sept. 22, 4 p.m. or 7 p.m. • Take time this autumn equinox to learn basic shiatsu techniques for self-care and to share with friends and family of any age in this two-hour workshop. Shiatsu is based on Asian theories that wed nature to healing. Learn to awaken your basic life energy (Ki), foster equanimity, and prevent illness. $15 with handouts. Call 213-1773, easternsunshiatsu.com.

Shiatsu, Zen Style Level II with LaRene Dell • Oct. 11, 14, 18, 28, 6:15-9 p.m. plus Nov. 8, 1-6 p.m. • For all who want a deeper practice of Shiatsu, this 15-hour course offers a breadth of Zen method and integrative techniques. Small class size. $150-$290 sliding scale includes certificate. Call 945-5767, laughinghawk11@yahoo.com.

Animals & Pets

PetMassage WaterWork for Dogs with Jonathan Rudinger • Nov. 16-20, 9-4 each day • This is a very specialized course that helps students develop skills to massage dogs in water. Learn to understand and access water's dynamics, flexibility, and therapeutic value. This workshop teaches how to move in and be moved by water, expanding beyond all your land-based physical and spiritual connections with dogs. $1,200. Call Beth at 800-779-1001; petmassage.com.

PetMassage for Dogs Foundation Workshop with Jonathan Rudinger • Sept. 20-26 or Nov. 1-7, 9-4 each day • Develop an understanding of the theory, techniques, vocabulary, culture, and vision of PetMassage. Learn to understand and provide for diverse canine needs, basic dog anatomy and physiology, various bodywork techniques, and become aware of body mechanics for you and your canine clients. $1,400. Call Beth at 800-779-1001; petmassage.com.

PetMassage for Dogs Advanced Workshop with Jonathan Rudinger • Oct. 18-24, 9-4 each day • Re-establish and enhance body mechanics skills and interspecies body language, learn the next tier of techniques, define business plans and goals, network, and prepare for national certification test. $1,400. Call Beth at 800-779-1001; petmassage.com.

Claiming Our Kinship with Earth Community: Humans and Animals as Companions in Creation with Joan Marie Weithman and Sarah Ann Sharkey through Weber Center • Sept. 26, 9-5 • As one effort to live more fully as members of Earth community, this workshop will focus on the mutually beneficial relationship between humans and animals in our everyday, personal lives with particular attention given to the stages of our lives that involve sickness and aging. We will be invited to see with new eyes the interconnectedness and interdependence of all God's creatures. $50 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org.

Animal Energy Healing with Ray Golden of Center for Intuitive Health • Oct. 3-5: Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is oriented toward working with animals. The first two days are the Traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com.

Aromatherapy

Bringing Essential Oils to You with Nicole Paquin • Nov. 3, 6:30-8 p.m. • Did you know that essential oils were mankind's first medicine? Come learn why essential oils are so amazing and how you can use them for health and home. $30 or $50 for two. Call Indigo Forest at 994-8010, beth@visitindigo.com.

Art & Craft

Mandala Workshop with Susan Boyes • Oct. 18, 1-3 p.m. at Crazy Wisdom Community Room • In celebration of the mystery of the New Moon, we will create personal mandalas, connecting to the circle as a universal symbol for wholeness, oneness, timelessness, rebirth, the moon, and the earth and her cycles. This workshop is an exploration of the mandala and its personal meaning to you. No art skills necessary and all materials provided. $50. Call 478-2394, susan@centerforcreativegrowth.com.

Piece Work, Soul Work with Ann Hughes and Barbara Harvey through Weber Center • Oct. 9 at 7:30 p.m.-Oct. 11 at 1 p.m. • Through conversation, sharing, and journaling, we will explore the awakenings we have experienced in our lives. Those moments, persons, and words - spoken or written - that have made an impact on our spirituality, how we live our lives, and how we treat others. The quilting project, dubbed "Chop Chop", will offer an enjoyable sewing experience as well as time for conversation and introspection. $300 single, $200 double, $150 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

Mandala Art: Therapy for Your Soul with Cate Biddinger • Sept. 4, Oct. 2, Nov. 13, Dec. 11; 7-9 p.m. • Mandalas are circular designs created through artistic expression of our inner self. Mandalas restore inner harmony, promote healing and self-nurturing, and provide a symbolic picture of our magnificence as human beings. $25 includes paper and oil pastels. Call 517-262-2120 or Body Mind Spirit Wellness at 945-8602, cate@noeticuscounseling.com.

Knitting and Crafting with Friends facilitated by Elaine Economou of Michigan Friends Center • First Thursday of each month: Sept. 3, Oct. 1, Nov. 5, Dec. 3; 7-9 p.m. • Open to adults and teens over age 15 who wish to work on a craft or knit in the company of others. Bring your own project. Tables available. Donations for the Center welcome. Call 475-1892, michiganfriendscenter.org.

Mosaic Angel or Christmas Tree at Creative 360 • Nov. 21, 2:30-4:30 p.m. or Nov. 22, 10:30-Noon • Create a mosaic angel or Christmas tree by materials provided or meaningful items you bring in. Use china, old jewelry, photos, etc. to create an art piece that will rekindle warm memories each year when you unpack it for the holidays. $25 plus $5 materials fee. Call Colleen at 989-837-1885, creed@becreative360.org.

Creative Expression for Health and Healing with Harley King co-sponsored by PRIZM and Toledo-Lucas County Main Library • Sept. 26, 1-4 p.m. • Creative expression (both writing and visual art) will be explored as part of a healthy de-stressed lifestyle and as a tool to be used during healing. Participants will enjoy hands-on activities in both literature and art. Free. Call 419-872-8730, myprizm.com.

Holiday Craft Show with Interfaith Center for Spiritual Growth • Oct. 10, 10 a.m.-4 p.m. • Come buy unique, one-of-a-kind gifts from vendors selling high quality, homemade, recycled, and manufactured items at this juried show while supporting the Interfaith Center. $1.00 admission. Call Staci at 995-0710, interfaithspirit.org.

Artist's Way

The Artist's Way Workshop with Andrew Taylor • Eight Sundays, Sept. 6-Oct. 25; 7-9 p.m. • This workshop's objective is for the student to recover from and break through creativity blocks, support creativity enhancement, encourage self-confidence, and promote positive productivity and extreme life enrichment. The Artist's Way is a self-help system based on Julia Cameron's title of the same name. $160. Call 669-4262 or 904-5681, drewman42@yahoo.com.

Astrology

Astrology Classes with LCAS Astrology • For more information, call Pat Perkins at 517-676-1680, lcasastrology.com.
Introduction to Astrology with Ellen Bluhme-Goik • Eight Tuesdays starting, Sept. 22, 6:30-9 p.m. • Offers a beginning understanding of an individual birth chart and life. Includes an in-depth discussion of the signs, their natural divisions, and an introduction to the houses and planets, using the students' own charts. $120.
Introduction to Astrology with Rosemary Edgar • Eight Tuesdays starting, Sept. 15, 6:30-9 p.m. • See above description. $120.
Pluto: Evolutionary Journey of the Soul I with Deva Green • Nov. 6, 7-9 p.m. • We will cover the core principles of evolutionary states, the nature of the soul and ego, what Pluto symbolizes in the natal chart, and the evolutionary paradigm used to interpret charts. $30.
Pluto: Evolutionary Journey of the Soul II with Deva Green • Nov. 7, 10-3:30 • We will demonstrate the core principles of evolutionary astrology using in-depth applications. $60.
Understanding the Houses with Sara Cartwright • Eight Tuesdays starting Sept. 15, 6:30-9 p.m. • This course gives the student an in-depth concept of the houses in the natal chart and beginning interpretive abilities. $120.
Understanding the Planets with Pat Perkins • Eight Tuesdays starting Sept. 21, 6:30-9 p.m. • This course offers a complete understanding of the planets and how their energies are reflective of forces that impact our lives. $120.
Aspects with Carole Ray • Eight Wednesdays starting Sept. 16, 6:30- 9 p.m. • This course covers an in-depth study of the hows and whys behind the use of aspects in their most pure and practical sense, working with the aspects of famous people. $120.

Questions for Sandra Moss, Ayurvedic Practitioner and Author

> This ancient system of medicine (Ayurveda) has provided me with an exceptional framework for deeply understanding how our physiology functions at the physical, mental, emotional, and spiritual level. - Sandra Moss

***Bill Zirinsky:** You have a new book about Ayurveda and depression. What is it called, and please briefly tell us about it?*

Sandra Moss: *Healing Depression the Mind-Body Way* (published by John Wiley & Sons in 2009) asserts that there is no one-size-fits-all treatment for depression. According to Ayurveda, both the diagnosis and treatment of depression must be guided by the individual's psycho-physiological constitution. Uprooting depression requires designing a tailor-made health program that employs "antidepression strategies"— nutrition, yoga poses, exercise, breathing techniques, and meditation—that are in sync with the specific physical, mental, and emotional needs of the individual. The book also addresses how to maximize the digestive power in our mind-body to effectively metabolize life experiences.

***BZ:** And your previous book. What is the title, and what is it about?*

Sandra Moss: *The Myth of Cholesterol* (published by MCD Century in 2005), explains that, for the care of the physical and emotional heart, we must go beyond monitoring our cholesterol level to looking at the inflammatory triggers in our lives—the true culprits of heart disease.

***BZ:** What do you love about the Ayurvedic approach?*

Moss: One word answer: Everything. First of all, in my opinion, Ayurveda is the ultimate form of mind-body medicine. This ancient system of medicine has provided me with an exceptional framework for deeply understanding how our physiology functions at the physical, mental, emotional, and spiritual level. Sharing this understanding with clients, in and of itself, is helpful to them. The Ayurvedic approach is also in sync with the way I naturally think; it's a great thing to practice something that makes intuitive sense to me.

***BZ:** How long have you been practicing Ayurvedic medicine, and what is your training in it?*

Moss: I began seeing clients out of my office on South Main Street in 2007, but was involved in training for several years before that. I have been very fortunate to have received wonderful mentorship and training from some truly gifted practitioners: My formal educational training is from *New World Ayurveda*, where I trained with Dr. Paul Dugliss, M.D., here in Michigan. I also did an intensive program in *panchakarma* in Hawaii with Dr. Suhas Kshirsaagar, M.D. (Ayurveda). As an apprentice to Dr. Light Miller, N.D., I learned the medicinal use of essential oils as well as *tarpana* (forgiveness rituals for emotional release). The learning never stops.

***BZ:** You were in medical school for awhile, is that correct? Why did you leave?*

Moss: Yes, I was a medical student at the University of Michigan School of Medicine where I was almost a year shy of completing the program before a serious illness radically changed my course of study. Indeed, in the course of becoming a doctor, I became my own patient—and this has made all the difference in the way I have come to understand the practice of medicine, be it mainstream or complementary. *Ayurveda* provided for me a road back to true wellness, which is why I am dedicating the rest of my life to learning and practicing it.

***BZ:** Do you integrate some other modalities into your practice?*

Moss: As an Ayurvedic practitioner, I have at my disposal any number of remedies to restore vitality and proper function to the physiology—from wonderful herbal formulas that address the root cause of problems and not just symptoms, fabulous essential oils, *panchakarma* (purification techniques that involve body work) to a wide range of more subtle therapies such as yogic breathing techniques and *marma* therapy (acupressure) that are profoundly effective.

***BZ:** Where were you raised?*

Moss: I was raised in Ecuador, South America for the first decade of my life. However, my truly "exotic" experiences I collected while living in the Bronx, New York where I had the good fortune to be surrounded by people from all walks of life and cultural backgrounds. (One of my fondest memories growing up was the wonderful scent of food representing different parts of the world wafting through doorways of homes as I walked through the neighborhood on my way home after school.)

***BZ:** Do you like living in the Ann Arbor area? What do you most love to do in the fall in southeastern Michigan?*

Moss: Absolutely! Walking around either downtown or in Gallup Park is a favorite activity of mine, especially in the fall.

***BZ:** Where in the world would you most like to visit, for an adventure?*

Moss: As part of my undergraduate education, I trained as a primate behaviorist; so I have had some incredible travel experiences traipsing through jungles observing monkeys, living in remote places for extended periods of time. For a feast of the senses at this point in my life, however, I would choose the other end of the spectrum—a luxury vacation anywhere in Europe, say Paris.

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The Grief Process, Astrology, and Ethical Considerations on Death with Ellen Bluhme-Goik • Sept. 13 and 20, 10-12:30 • Suggestions will be presented on how to talk to people in grief and how their experience of death is reflected in the natal chart, transits, and progressions. Practical information is provided for the practicing astrologer to recognize how underlying issues may resurface in a client's life during the grief process. $30.

Hard Times - Winning Strategies with Pat Perkins • Oct. 11, 2-4 p.m. • We will discuss career indicators in the chart and the timing techniques necessary to achieve the best possible results for a new job and/or career. Free.

Saturn in Libra with Connie Ranshaw • Oct. 13, 1-3:30 p.m. • Saturn, always the teacher and change-maker, will be giving us new challenges and rewards starting Oct. 30 when it enters Libra. We will discuss what is returning and what new energies are coming. $20.

2012: An Astrological Perspective with Lisa Dygert • Nov. 15, 7-9 p.m. • We will discuss the complexity of the Mayan calendar and what the Mayan philosophy tells us to expect in 2012. $20.

Financial Astrology Part I with Shirley Gray • Four Sundays starting Oct. 11, 1-3:30 p.m. • This class is for those who want a general understanding of astrological timing and the ways it can be used in investing or business, the planets and signs that rule various industry groups, reading retrograde planets, the importance of Jupiter and Saturn, the business planets, and more. $60.

The Crazy Wisdom Calendar

Astrology (continued)

Astrology Classes and Events with SMART (Southeast Michigan Astrologers' Round Table) • For more information, call Bon Rose Fine at 434-4555, bonrosefine@comcast.net

The Planetary Hours: An Ancient Technique for Modern Times with Bon Rose Fine • Nov. 7 or 28, Nov. 8 or 29; 1:30-4:30 p.m. • This three-hour workshop helps participants know how to work with the planetary hours to schedule activities, working in harmony with the universe. $20 includes workbooks.

Planetary Configurations in the Natal Chart with Elizabeth Hazel • Sept. 20, 2-4:30 p.m. • An examination of different kinds of planetary configurations like grand trines, t-squares, finger-of-gods, mystic rectangles, and black and white dragons. $10.

Linking the Past to Today: Major Astrological Transits with Alan Gordon • Oct. 3, 7-9:30 p.m. • This lecture will explore current world politics as reflected by Saturn's imminent shift from the sign of Virgo into Libra, as well as the impact of other prominent planetary configurations and placements. $10.

Empowering People, Not Planets! with Brad Kuchunas • Nov. 14, 2-4:30 p.m. • This lecture will examine how we often collude with clients when they blame the stars, fate, god, parents, etc., for their life situations, thus victimizing them with our astrology, and ways in which we can change this tendency. $10.

Deepening the Elements with Brad Kuchunas • Nov. 15, 2-5:30 p.m. • In this interactive workshop, come luxuriate in the power and relevancy of fire, earth, air, and water in our lives today. $25.

SMART's Annual Solar Return and Holiday Party • Dec. 6, 2-4:30 p.m. • Everybody's welcome to join the local astrological community as we usher in the holiday season with complimentary refreshments, good company, and pleasant conversation. Free with donations cheerfully accepted.

The Original Astrologers and Friends Weekly Gathering • Most Thursdays, 6:30 p.m. • These weekly get-togethers offer the astrological community an opportunity to connect with like-minded others and enjoy stimulating conversation, as well as possibly trade readings with one another. Free or cost can vary.

Author Events

Book Signing and Talk with Laura Dunham, author of *Spiritual Wisdom for a Planet in Peril: Preparing for 2012 and Beyond* • Sept. 20, 2-4 p.m. in the Crazy Wisdom Tea Room • Learn how to recognize the signs of the times, key prophecies and probabilities concerning 2012, and five possible scenarios on the path to 2012 and beyond. Prepare to envision a new way of being, strengthen your spiritual connection, choose your location and lifestyle, thrive in a new economy, create intentional and sustainable community, and develop your action plan. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Poetry Reading with Marvin Brandwin from *A Smorgasbord of Verse* • Sept. 22, 7 p.m. in Crazy Community Room • This collection of poems is a potpourri of food-related rhymes having ingredients of humor and empathy, at times seasoned with a pinch of cynicism. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Interactive Storytime with Crafts and Activities with Cheryl Zuzo, Author of *Being Bella: Discovering How to Be Proud of Your Best* • Oct. 4, 12:30 p.m. in the Crazy Wisdom Tea Room • Cheryl will read her motivational children's book with the help of her audience. All children will create a "Proud of My Best" headband, sing songs, and work on coloring pages, mazes, and word searches that tie into the secret messages of the book. *Being Bella* teaches children strategies they can utilize in their everyday life for doing their best and feeling proud of themselves. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Sing-a-Long and Book Signing with Author Gari Stein of *The More We Get Together* • Oct. 10, 10:30 a.m. in the Crazy Wisdom Tea Room • Let's celebrate Fall! Bring the whole family, tots to 8s. Bring grandma and grandpa, too! Join us for an interactive music and movement program. Together, we will sing, dance, shake, wiggle, enjoy a book, and share laughter and hugs. Juice and crackers served. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Book Signing and Talk with Nina Howard, author of "Thank God I Came from a Dysfunctional Family" from *Thank God I ... Stories of Inspiration for Every Situation Volume 2* • Nov. 5, 7 p.m. in the Crazy Wisdom Tea Room • Growing up in a dysfunctional family teaches us what we do not want in adulthood and often, the situations we experience, such as neglect, abuse or shame, are the impetus for growth on our spiritual path. Being grateful for these experiences helps us become a master of our lives. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Book Signing and Talk with Brett Bevell, author of *Reiki for Spiritual Healing* • Nov. 8, 2-4 p.m. in the Crazy Wisdom Tea Room • Brett Bevell will read from his book and demonstrate revolutionary techniques that are entirely new to the Reiki system, such as how to access an amazing new tool called the universal Reiki healing grid, how to create a Reiki halo, and how to manifest Reiki holograms for intensive healing. The event will culminate with an intensive group healing for karmic release, followed by questions and answers. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Ayurveda

Ayurveda Workshop with Shannon Walter • Sept. 19, 1-3 p.m. • Exploration of the ancient wisdom of Ayurveda to understand your basic doshic constitution. Learn how to balance your dosha through diet, daily routines, and sleep for optimum health. $25 with early registration discount available. Call 454-9642, evolve-yoga.net

Bodywork

The Rubenfeld Synergy Method: Let Your Body Tell Its Story with Robert Kropf • Nov. 10, 7-9 p.m. • The Rubenfeld Syngery Method (RSM) is a gentle, hands on technique that allows clients to experience their emotions, thoughts, and spirit. The RSM enables clients to listen to the story their body wants to tell. $10. Call 660-4131, holisticbodytherapies.com.

Rosen Method Bodywork with Dorothea Hrossowyc • Oct. 31, 9-4 and Nov. 1, 9-1 • Rosen Method Bodywork is a holistic, alternative approach to emotional self-healing outside the medical model. It can be used, however, in an adjunct capacity, as a nationally recognized bodywork supporting and correlating with professional mental health or medical treatment, and to provide relaxation and self-care with enhanced communication between the physical body and the emotional and spiritual self. For cost, call Mary Light at 769-7794, naturopathiccollegeofannarbor.net.

Feldenkrais Awareness Through Movement Classes with Joanna Myers through Ann Arbor Community Rec & Ed • Free intro class Sept. 21, 7-8 p.m.; Sept. 28-Dec. 2: Mondays, 7-8 p.m. or Wednesdays, 11-Noon • Want more skill, more comfort, more flexibility, more options? Awareness Through Movement is the ultimate continuing education for the human body. $119 residents. Call Linda at 994-2300, ext. 53203, aareced.com.

Women's Posture Clinic with Joanna Myers • Sept. 16-Oct. 21 or Oct. 28-Dec. 2: Wednesdays, 6-7 p.m. • Would you like to move with ease, feel more relaxed, and look better, too? Discover your own ideal posture through the Feldenkrais Method, an extraordinary tool for whole-body improvement. Course consists of six Awareness Through Movement lessons, respectfully chosen for posture and alignment issues women commonly face. $90. Call 395-8486, feldannarbor.net.

Feldenkrais Method Workshops with Joanna Myers through Ann Arbor YMCA • The Feldenkrais Awareness Through Movement lessons offered in these workshops use a whole-body approach that will help you release chronic tension and realign for better movement and comfort. $22 non-members or $16 members. Call 996-YMCA, annarborymca.org.

Ease Your Neck and Shoulders • Sept. 13, 1-3 p.m. • Relieve pain and stiffness and restore flexibility to your neck and shoulders using gentle movement and attention, done comfortably and at your own pace.

Release Your Jaw • Oct. 11, 1-3 p.m. • You'll explore ways to relieve chronic tension in the jaw, base of skull, and neck. Gentle movements can reduce tension headaches, relieve aches in the neck and shoulders, and significantly improve TMJ.

Flexible Hips and Legs • Nov. 8, 1-3 p.m. • Having soft and flexible hip joints prevents back pain, makes possible an effortlessly upright posture, and enables a fluid, efficient stride. You'll learn how to lengthen and relax this area not by endlessly stretching, but by retraining your brain with subtle movement and focused attention. Especially good for runners!

Finding Better Balance • Dec. 6, 1-3 p.m. • The lessons presented are designed to increase your ability to coordinate and refine how you use your feet, legs, and pelvis to improve balance and achieve movement that is safer, more comfortable, more reliable, and relaxed.

Alexander Technique: Your Tool for Free, Optimal Coordination within Any Activity with Alice Greminger • Wednesdays, 7 p.m. • Students learn how to access their built-in mechanisms for tension release, experiencing greater freedom of movement, balance, and support while sitting, walking, working at the computer, doing sports, performing, and more. This improved coordination aids injury recovery and prevention, enhances performance, and increases well being. $15. No class Oct. 7, Nov. 4 or Dec. 2. Call 665-0849, agreminger1@gmail.com.

Alexander Technique Workshops with Alice Greminger through a Transformation Station • Oct. 7, Nov. 4, Dec. 2; 7 p.m. • See above description. Limited to six. $30. Call 665-0849, atransformationstation.net.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 62.

Feldenkrais Workshop: Move Into Life with Suellen Bartel at Creative 360 • Sept. 27, 2-5 p.m. • This workshop introduces movements to foster greater health, flexibility, strength, and creativity. This improves function for everyone, including children and adults with special needs. $20. Call Colleen at 989-837-1885, creed@becreative360.org.

Pain Free Living Lecture Series with Ann-Margaret Giovino • Each lecture offered at 10:30 a.m. or 7 p.m. • Free. Call 276-7769, gymgiovino.com.
Curing Back Pain at Any Age • Sept. 23 • Since muscular atrophy first occurs deep within the core, the spine gradually loses its S-shape and gravity takes hold, further distorting its shape. Take an exciting journey up and down the spine and discover why your back hurts and how your muscles have everything to do with it.
Rounder Shoulders: Rx for Pain • Oct. 28 • In our computerized world, we're all rounding at the shoulders. Is it any wonder that rotator cuff issues, tendonitis, tingling or numbness in our arms, and frozen shoulder are rampant today? Find out how they're all symptoms of the same thing, and what to do about it.
Flexible Hands, Wrists, and Elbows • Nov. 11 • Learn the connection between your shoulders and tennis/golf elbow, carpal tunnel syndrome, and even arthritic pain. Take the friction and stress out of the joint, allow proper biomechanics, and let the healing begin.
Get Rid of That Pain in the Neck! • Dec. 9 • The hot, new syndrome is supposedly "forward head posture". Find out what causes it and why fixing it won't completely solve your problem. You have to address the whole body before you can relieve your headache, TMJ disorder, dizziness, neck pain, and stiffness.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month's title. It is recommended to read the book before meeting. All are welcome; just show up! (Authors absent from events.) Call 665-2757, information@crazywisdom.net.
Sept. 11 • ***Nation of Farmers: Defeating the Food Crisis on American Soil*** **by Sharon Astyk and Aaron Newton**
Oct. 9 • ***Manhood for Amateurs: The Pleasures and Regrets of a Husband, Father, and Son*** **by Michael Chabon**
Nov. 13 • ***Long Emergency: Surviving the End of the Oil, Climate Change, and Other Converging Catastrophes of the Twenty-First Century*** **by James Howard Kunstler**
Dec. 11 • ***Cradle to Cradle: Remaking the Way We Make Things Work*** **by William McDonough and Michael Braungart**

The Yoga Room's Book Club with Christy DeBurton • Bi-monthly Wednesdays, 7-9 p.m. • Join us as we take our yoga practices to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. Free. Bring a vegetarian dish to pass for an hors d'oeuvres potluck. For a list of upcoming book selections, call 761-8409, christydeburton.com.

Realize What You Are with Mark Hutton at Lighthouse Center • Four Thursdays, Oct. 1-22, 7- 9 p.m. • A book discussion group of Gurudev Shree Chitrabhanuji's *Realize What You Are*, an introduction to meditation and the life of spirit. $40. Contact markjhutton@comcast.net.

Breathwork

Transformational Breath Introductory Workshops with Julie Wolcott and Marcia Bailey • Sept. 3 and Oct. 2, 7:15-10:15 p.m. • An introduction to the Transformational Breath, Judith Kravitz' approach to connected breathing. This is a self-healing modality that can free up old, stuck, negative emotional patterns and, through a process of experiencing full, open, connected breathing, integrate the mind, body, and spirit at a higher vibrational level. Healing, joy, and peace are common outcomes. $50. Call 355-1671 or 395-4799, jlwolcott@aol.com or mbailey@tm.net.

Transformational Breath Sessions with Julie Wolcott and Marcia Bailey • Sept. 13 and Oct. 11, 2:30-4:30 p.m. • These classes are designed to create community and support for experienced Transformational Breathers. A group breathing session will be offered, followed by an integration process. This class is appropriate for those who have experienced three or more sessions with us or other Transformational Breathing facilitators. $25. Call 355-1671 or 395-4799, jlwolcott@aol.com or mbailey@tm.net.

Heart Chakra Opening through Transformational Breathing with Julie Wolcott and Marcia Bailey • Sept. 26, 11 -5:30; Dec. 12, 10-5 • Each of these classes is designed to empower participants in successfully using the Transformational Breath on a regular basis, with a focus on opening of the heart chakra. Basic principles will be presented in depth and two 45-minute group breathing sessions will be offered. Participants will be guided in an integration process after each of the breathing sessions. $120. Call 355-1671 or 395-4799, jlwolcott@aol.com or mbailey@tm.net.

Breath Immersion Weekend: Transformational Breathwork Level 2 with Julie Wolcott and Marcia Bailey • Sept. 18-20; Friday 7:30-10 p.m., Saturday and Sunday 10-5 • This immersion weekend will include five full breathing sessions and related information. The sum total of the weekend will demonstrate in a powerful way how you can bring abundance, love, vitality, joy, and health more fully into your life through the vehicle of the breath. Specific topics covered include an abundance program, the five rites for physical aliveness, Byron Katie's *The Work*, heart to heart communication and forgiveness exercise, and throat chakra opening. $500 with partial scholarships available. Call 355-1671 or 395-4799, jlwolcott@aol.com or mbailey@tm.net.

Breath Immersion Weekend: Transformational Breathwork Level 3 with Julie Wolcott and Marcia Bailey • Oct. 16-18; Friday 7:30-10 p.m., Saturday and Sunday 10-5 • See above description. $500 with partial scholarships available. Call 355-1671 or 395-4799, jlwolcott@aol.com or mbailey@tm.net.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Sept. 16, 6:30-9 p.m.; Oct. 4, 1-2:30 p.m.; Nov. 17, 7-9:30 p.m. • Learn what the breath can do for you, not just to restore health, but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit with a powerful breath session. $50. Call 734-416-5200; info@bodyworkshealingcenter.com.

Experienced Breather's Tune-Up with Dave and Pat Krajovic • Sept. 17, 7-8:30 p.m.; Oct. 14, 7-8:30 p.m., Oct. 26, 7:30-9 p.m.; Nov. 18, 6:30-8 p.m.; Dec. 7, 7-8:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. This workshop will consist of intention setting, a facilitated breath session, and sharing and integration. Prerequisite: three Transformational Breathing Introductory Workshops. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Transformational Breath Class for Meditators with Julie Wolcott through Deep Spring Center • Four Thursdays, Sept. 24-Nov. 5; 7:30-10 p.m. • In this series for experienced meditators, there will be facilitated breath sessions of 40 minutes or more, along with full integration and periods of silent meditation. Transformational Breath is a self-healing modality that can free up old, stuck negative emotional patterns, potentially resulting in greater integration of mind, body, and spirit; more peace and joy in daily life; and increased clarity and focus in meditation. $28 building fee with opportunity to offer dana to teacher. Call 477-5848, info@deepspring.org.

Breath, Proprioception, and Meditation with Craig Parian of Evolving Shiatsu • Oct. 9, 16, 23; 7-9 p.m. • Simple yet profound practices to bring more awareness to the vibrations we carry in our bodies, strengthening our ability to "choose" how we feel. These techniques bring back flexibility and motion by releasing compression and creating space in the cells, joints, and body cavity, alkalinizing the blood, and freeing energy and will. You can also learn or deepen a meditation practice, increase feelings of well-being, and gain a greater passion for personal expression. $25 per class or $65 for series. Call 424-1192, evolvingshiatsu.comm.

Buddhism

Tibetan Buddhist Practice with Jewel Heart • Meditation classes with Jewel Heart listed under "Meditation" section. For complete information, call 994-3387, jewelheart.org.
Sunday Morning Talks with Gelek Rimpoche and Jewel Heart Instructors • 10-11 a.m. Talk, 11-11:30 a.m. Tea and Cookies • Join us for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies or brunch. Open to all. Free with donations welcome.
Sept. 13 • Freedom through Responsibility with Gelek Rimpoche and Brunch
Sept. 20 • Attachment, Appreciation, and Love
Sept. 27 • Compassion and Trauma with Tony King
Oct. 4 • Maintaining Spiritual Practice
Oct. 11 • In the Shade of the Rose Apple Tree with Aura Glaser
Oct. 18 • Anger and Patience with Sandy Finkel
Nov. 1 • Finding the Joy Within with Gelek Rimpoche and Brunch
Nov. 8 • Spiritual Bypassing with Aura Glaser
Nov. 22 • Sacred Space
Nov. 29 • Equanimity for Compassionate Living
Dec. 6 • From Habit to Opportunity with Sandy Finkel
Dec. 13 • Awakening Our Best Nature with Aura Glaser
Dec. 20 • Engaging Love and Compassion
Dec. 27 • A Simple Daily Spiritual Practice
Taking Dharma to Work with Sandy Finkel • Nov. 21, 1-3 p.m. • What better place to practice dharma than where we work? Participants learn ways to consciously integrate dharma principles into their work life, using interdependence, positive intention, mindfulness, and altruism as invaluable tools to feel more connected, productive, and meaningful at work. $25.
The Swift Path with Gelek Rimpoche • Sept. 15, 29, Oct. 20, Nov. 3, 10, 17, Dec. 15, 22; 7:30 p.m. • The Swift Path, or Jyur Lam in Tibetan, was composed by the third Panchen Lama and succinctly lays the ground for spiritual development through clear and relevant topics for visualization and analytical meditations. $10 non-members, $5 students.
The Swift Path Review with Students • Sept. 22, Oct. 6, 13, 27, Nov. 24, Dec. 1, 8; 7:30 p.m. • $10 non-members, $5 students.
Healing Practice of White Tara with Jewel Heart Instructors • Sept. 12, 26, Oct. 3, 10, 17, 24, 31, Nov. 14; 10-11:30 a.m. • See above description of White Tara. $80 non-members for the series.
Ganden Lha Gyema with Jewel Heart Instructors • Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5; 7-8:30 p.m. • One of the most popular practices in the Tsong Khapa tradition, the Ganden Lha Gyema deepens our connection with the enlightened through meditational exercises and enriches our inner development. $80 non-members for the series.
Odyssey to Freedom with Jewel Heart Instructors • Oct. 5, 19, Nov. 2, 9, 16, 23; 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. $80 non-members for the series.
Dharma Discussion and Debate • Sept. 11, Oct. 9, Dec. 11; 7-8:30 p.m. • Jewel Heart students are invited to join groups of two to five to analytically challenge and deepen their relationship with the Dharma. Join us for pizza and discussion! Donations welcome.

The Crazy Wisdom Calendar

Buddhism (continued)

Buddhist Teachings through Deep Spring Center • Please also see listings under "Meditation". For more information, call 477-5848, info@deepspring.org. Building fee listed with optional opportunity to offer dana for the teacher.

Visuddhi Maggha: Getting the Bigger Picture of the Path of Practice with Peg Tappe and Susan Weir • Six Wednesdays, Sept. 23-Dec. 2; 7-9 p.m. • The Vissudhi Maggha, or Path of Purification, is a detailed map of the path of practice from beginning to ultimate fulfillment. This class will focus on each person's meditation practice and on strengthening and supporting it. $42.

Introduction to Insight Meditation Workshop • Sept. 12, 9-Noon with Ann Barden; Nov. 14, 1-4 p.m. with Lisa Zucker and Mary Grannan • No experience necessary. Wear comfortable clothes. Cushions and chairs provided. $20.

Zen Buddhist Teachings through Zen Buddhist Temple • For more information, call 761-6520, annarbor@zenbuddhisttemple.org.

Two Sunday Services • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, chanting of the Three Refuges, and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk, and question period. By donation.

Zen Family Program • Second Sunday of every month, 9:30-11 a.m. • Call for more information.

Introductory Meditation Course • Five Thursdays beginning Sept. 10 and Oct. 22, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 unwaged/students. Work exchange available.

One-Day Meditation Retreat • Sept. 12 (for women), Nov. 7, and Dec. 29; 9 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and some discussion - an interval of deepening, of slowing down, noble silence, and mindfulness. $60 includes vegetarian lunch.

Overnight Introductory Meditation Course • Dec. 4, 7 p.m. through Dec. 5, Noon • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accommodation and breakfast. Other dates may be scheduled with enough interest.

Yongmaeng Chongjin (Three-Day Meditation Retreat) with Ven. Haju Sunim • Oct. 1, 7 p.m. through Oct. 4, 8 a.m. • This retreat is an intensive period of Zen practice geared toward the experienced student. Call for cost.

One-Day Seminar on Ancient Wisdom for Today • Oct. 24, 9 a.m.-4 p.m. • Learn about some of the key scriptures in the Buddhist tradition and their relevance today through presentations, pictures, and discussion with students of the Maitreya Buddhist Seminary. $60 includes lunch and study materials.

Buddhist Storytelling presented by Rafe Martin • Three special programs at the Temple:

Oct. 16, 7 p.m. • A Performance for the Whole Family • $10.

Oct. 17, 10-1 • Storytelling Workshop • Understand the transformative power of stories and how to tell them. $60.

Oct. 18, 10 a.m. • The Jataka Tales: History and Lessons • Held during the morning service.

Cancer

Sexual Recovery after Prostate Cancer with Vic Hola of The Wellness Community • Sept. 9, 6-7:30 p.m. • Learn about medical techniques to maintain healthy intimacy after prostate cancer. For cost, call 975-2500, bonnie@twc-semich.org.

Frankly Speaking about New Cancer Discoveries with Francis Worden of The Wellness Community • Sept. 30, 6-8 p.m. • This unique workshop will provide an opportunity for people to learn about the most advanced and innovative treatments of cancer, emotional support, and stress management. For cost, call 975-2500, bonnie@twc-semich.org.

Frankly Speaking about Advanced Breast Cancer with Elaine Chottiner of The Wellness Community • Oct. 14, 6-8 p.m. • Learn about the latest treatments for advanced (metastatic) breast cancer side effects management. In addition, patients and their loved ones will also learn about ways to cope with the social and emotional challenges of this diagnosis. For cost, call 975-2500, bonnie@twc-semich.org.

Cooking for Wellness with Lynn Storch of The Wellness Community • Sept. 16 and Oct. 7, 4-6 p.m. • Learn nutritional information of benefit to people with cancer while experimenting with new recipes. Sept. topic: Herbs of Flavor and Health. Oct. topic: Super Foods to Fight Cancer. For cost, call 975-2500, bonnie@twc-semich.org.

Ceremonies, Celebrations & Festivals

HomeGrown Festival • Sept. 12, 5-10 p.m. at Ann Arbor Farmer's Market Pavilion • A festival celebrating our local food and community. Local food tasting, cooking demos, kid's activities, music, and more! Free. Call Erica at 368-2610, homegrownfestival.org.

Element Pledge Ceremony through Gateways • Sept. 27, 9:30-4 • The basis for this ceremony lies in our deep desire to unite our heavenly and earthly natures and be empowered to express something of divine truth in daily life. This ceremony provides an opportunity to put forward an intention, in the presence of witnesses, to study and experience one of the four elements for a set period of time. Ceremonially expressing this intention opens a path of personal rediscovery as reflected by that element. Pre-pledge preparations necessary. $15 donation appreciated. Call 332-4666, gateways@hotmail.com.

Samhain Ceremony with Layla Ananda through Gateways • Oct. 31, 8 p.m. • Samhain (sa-wen) is the Wiccan New Year, when the veil between the worlds is thinnest. We will chant, drum, and meditate to access spiritual wisdom and blessings. Bring objects that represent your guides or ancestors, as well as drums and rattles. Refreshments provided. Free with donations accepted. Call 973-0684, layla.ananda@gmail.com.

Winter Solstice Celebration with Judy Crookes through Gateways • Dec. 20, Potluck at 6 p.m. and Ceremony at 7:30 p.m. • Winter Solstice marks the shortest day of the year and begins the return of the sun to our days. Traditionally a time for spiritual renewal, it is an opportunity for you to join with others in celebration. Includes a Solstice story, indoor fire ceremony, meditation lead by Jacob, and dessert. Donations accepted. Call 913-4927, jacobspeaks.com.

Special Year-End Candlelighting Service at Zen Buddhist Temple • Dec. 31, 7-9 p.m. • Everyone is welcome to join us in this special candlelighting service - a gentle and contemplative way to let the old year go and focus on peace and wisdom for ourselves and the world for the new year. $10. For those wishing to greet the new year in contemplation and reflection, overnight accommodation is available for a donation of $45. Call 761-6520, annarbor@zenbuddhisttemple.org.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2010 (2551 in the Buddhist calendar). Call 761-6520, annarbor@zenbuddhisttemple.org.

Advent: Waiting for the Fullness of Time with Mary Sue Kennedy through Weber Center • Dec. 9, 9:30-2:30 • Advent is a season of waiting and transformation, of allowing the God within us to grow. We experience Advent as a time of hope, fear, expectation, and fulfillment as we ponder the daily readings of this season of the heart. Participants will explore various aspects of Advent through presentations, prayer, reflection, and sharing. $25 includes lunch. Call 517-266-4000, webercenter@adriandominicans.org.

Autumnal Equinox Celebration at Michigan Friends Center • Sept. 22, 5-9 p.m. • Multigenerational celebration of the equinox. Meet and mingle, and lawn games from 5-5:30. Potluck from 5:30-6:30. Bonfire with songs, stories, verses, and thoughts related to the equinox, balance, and natural cycles from 7-9 p.m. $10 family or $5 individual donation. Bring food to share. We will provide place settings and drinks. Call 475-1892, michiganfriendscenter.org.

4th Annual Solstice Song with Karen Chalmer at Michigan Friends Center • Dec. 21, 7-9 p.m. • A time to appreciate the inner light in the season of darkness. We sit quietly in a circle and let seasonal songs and chants arise out of the silence and fade back into it. No musical experience necessary. Free with donations welcome. Call 475-1892, michiganfriendscenter.org.

Christmas Meditation Gathering with Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • We warmly welcome you to join us to share in song-chants, inspired thoughts, and a recorded message by Mata Yoganandaji, followed by silent meditation for as long as you wish. Free. You may reserve lunch for $9.54. To register, call 517-641-6201, selfrealizationcentremichigan.org.

Thanksgiving Eve Meditation at Lighthouse Center • Nov. 25, 7 p.m. • Gather at 7 p.m. and meditate from 7:30-8:30. A veggie potluck follows. Free. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Christmas Eve Meditation at Lighthouse Center • Dec. 24, 6 p.m. • Gather at 6 p.m. and meditate from 6:30-7:30. A meditation celebrating the Christ Light and the joy of Christmas. Christmas carols, also. Free. Call Prachi at 734-449-4381, thielp17@yahoo.com.

New Year's Eve Meditation at Lighthouse Center • Dec. 31, 11 p.m. • Gather at 11 p.m. and meditate from 11:30 p.m.-12:30 a.m. Meditation to release the old year and bring in the new year in the highest vibration. Free. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Halloween Potluck with The Wellness Community • Oct. 29, 6:30-8 p.m. • Enjoy some spooky fun! Connect with old friends and make some new ones at our 2nd annual Halloween potluck. Wear your favorite costume and join in our pumpkin carving contest. Bring a dish to share. For cost, call 975-2500, bonnie@twc-semich.org.

Chakras

Chakra Meditation Class with Nirmala Nancy Hanke of Lighthouse Center • Eight Tuesdays: Sept. 22-Nov. 10, 7-9 p.m. • Introduction to the seven chakra energy centers, with empowerment of the mantra for each chakra. Prerequisite: two months mantra meditation. $105. Call 645-2188, nhanke@monroecmha.org.

Channeling

Opening to Channel with Jacob as channeled by Judy Crookes through Gateways • Five Tuesdays beginning Sept. 15, 7:30-9:30 p.m. • The journey to channeling and the journey during channeling will be shared by Judy. She invites you to attend this class to discover your skills. We will work with focusing techniques and practice channeling as a serious enterprise. Jacob will guide participants in the inner work needed in order to become a clear channel. $126. Call 913-4927, jacobspeaks.com.

An Evening with Jacob as channeled by Judy Crookes through Gateways • Fridays: Sept. 11, Oct. 2, Nov. 6, Dec. 4; 7:30-9:30 p.m. or Mondays: Sept. 28, Oct. 26, Nov. 23; 7-9:30 p.m. • These evenings begin with Jacob speaking briefly with most participants, followed by an informational talk relevant to those who have gathered. Past topics have been attitude, abundance, power, gaia or reality creation. Jacob will then ask for questions - personal, general or about the topic. Most evenings close with a meditation. $15. Call 913-4927, jacobspeaks.com.

Evenings with Aaron (Channeled) with Barbara Brodsky of Deep Spring • Sept. 16, Oct. 14, Nov. 11, Dec. 16; 7:30-9:30 p.m. • The evening is led by Aaron, a being of light, love, compassion, wisdom, and gentle humor, channeled by Barbara. Aaron offers a talk and answers personal and universal questions. All are welcome. Donations accepted. Call 477-5848, info@deepspring.org.

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta channels information from spirit about changes we experience as we move towards ascension, and trends and issues that affect us. There is usually time for questions with the guides. Bring a dish to share. $10 suggested donation. Call Evan at 248-437-7466, karltazarley.com.

Channeling Sessions with Shala Kilmer • Enjoy loving messages from various guides, channeled by Shala. You will receive personal information and will be able to ask one question. $20 each session. Call 248-258-8287, intuitionpath.com.

Chiquita Message Circle • Sept. 12 (call for time)

Mother Mary Messages • Oct. 9, 7-9 p.m.

A Meeting with Your Angels • Nov. 28, 1:30-3:30 p.m.

Channeling Class • Eight Tuesdays starting Sept. 29, 6:30-9:30 • Learn how to allow the angels to speak through you! $250.

Chant

Ann Arbor Kirtan • Sept. 18, Oct. 16, Nov. 20, Dec. 12; 7:30-9:30 p.m. at Friends Meeting House • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5-$10 suggested donation. Call Karen at 645-8904, kirtanannarbor.org.

Childbirth

Childbirth and Breastfeeding Classes through Center for the Childbearing Year • For more information, call 663-1523, patty@center4cby.com.

Childbirth Preparation: Everything You Need to Know with Kate Stroud through Center for the Childbearing Year • Seven Tuesdays: Sept. 8-Oct. 20 or Nov. 3-Dec. 15, 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. $235 per couple.

Childbirth Preparation: Focus on Labor and Birth Condensed Series with Kate Stroud through Center for the Childbearing Year • Two Sundays: Oct. 25 and Nov. 1; 1-4:30 p.m. • This series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $165 per couple.

Newborn Care 101 with Jaminda Springer through Center for the Childbearing Year • Nov. 8, 1-5 p.m. or Two Thursdays: Dec. 3 and 10, 6:30-8:30 p.m. • As parents, we are all figuring it out as we go along. Trial and error will definitely be a learning strategy as you get to know your baby. We will try to limit the "error" part of "trial and error" by sharing practical insights and identifying supportive resources. We will discuss how to hold a newborn, what are the sensory capacities of the newborn, is all that stuff necessary, and diapering, bathing, and calming. $40 per couple.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Sept. 26, 12:30-5; Two Mondays: Oct. 19 and 26, 6:30-8:45 p.m.; or Two Wednesdays: Dec. 9 and 16, 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. $60 per couple.

Combining Work and Breastfeeding with Barbara Robertson through Center for the Childbearing Year • Oct. 7 or Dec. 2, 10 a.m.-12:30 p.m. • We will discuss strategies for returning to work. Types of breast pumps, the experience of pumping, safe storage of breastmilk, and more will be covered. Each mother, with the help of the group, will have the opportunity to work toward a personal plan for her unique work situation. Nursing babies welcome. Can be taken prior to birth if desired. $30.

La Leche League through Center for the Childbearing Year • First Thursday of the month, 10 a.m.-Noon • Drop-in support group for breastfeeding mothers and their children. Pregnant women and toddlers welcome. Free.

The Crazy Wisdom Calendar will be posted online starting September 7, 2009, at crazywisdom.net.

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November 6, 7:30-9:30, $30.00
November 7, 10:00-3:30 PM, $60.00
Sign up for both events cost is $70.00
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Sign-up at LCASastrology.com, or
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The Crazy Wisdom Calendar

Childbirth (continued)

Professional Doula and Breastfeeding Classes through Center for the Childbearing Year • Early registration discounts offered. For more information, call 663-1523, patty@center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Nov. 13, 10-6:30 • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with current information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, birth, and nutrition. $120.

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Five Wednesdays: Oct. 7-Nov. 4, 5:45-9:15 p.m. or Nov. 14-15, 8:30-6 • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself, nor have a medical background to become a doula - just passion for birth and the desire to be in a support role for other moms. Class leads to professional certification. $375.

Rebozos, Palpation, Baby-Mapping and More with Patty Brennan through Center for the Childbearing Year • Sept. 19, 9-5 • This hands-on workshop is appropriate for all birth attendants, including doulas and aspiring and practicing midwives. Participants will practice baby mapping and palpation on pregnant mothers, keeping alive the lost art of determining fetal position with our hands and senses. We will practice techniques with the rebozo, designed to enhance relaxation, support normal progress in labor, and re-position posterior babies. $110.

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • Oct. 15-18: Thursday 1:30-7:15, Friday and Saturday 8:30-6, Sunday 8:30-3:15 • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on recovery, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating the baby into the family, and mood disorders. Leads to professional certification. $425.

Professional Education in Breastfeeding and Lactation with Barbara Robertson through Center for the Childbearing Year • Oct. 10, 9-2 • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. Approved for up to 8 Nursing Contact Hours. $75.

Childbirth Education through SJM Hospitals • Howell: Sept. 12, Sept. 26, Nov. 7, Nov. 14, Dec. 12; Brighton: Sept. 12, Oct. 17, Nov. 7, Dec. 5; Ypsilanti: Sept. 8, Oct. 6, Nov. 3 • Labor and delivery preparation class for expectant mothers and their labor support coach. Information regarding natural childbirth techniques, relaxation, exercises, medical intervention, and caesarean births is included. $75 per couple. For times, call 712-5800, sjmercyhealth.org.

Childbirth and Breastfeeding Classes through Indigo Forest • For more information, call 994-8010, beth@visitindigo.com.

Holistic Childbirth Education with Beth Barbeau • Seven Wednesdays: Sept. 30-Nov. 4; 6:30-9 p.m. • With an emphasis on normal birth, this practical class covers what to expect in labor, handling the powerful sensations of birth, pain management choices, and the physical and emotional aspects of becoming parents. We will also address coping with the unexpected, decision-making under stress, medical options and interventions, and preventing C-sections. Suitable for parents desiring a natural birth in any setting. $225 per couple.

Natural Birth in a Medical Setting with Beth Barbeau • Sept. 12, 10 a.m.-12:30 p.m. or Nov. 11, 6:30-9 p.m. • This one-session class is a powerful stand-alone or add-on to any childbirth education class. With our local Cesarean birth rates above 30%, what can you do to maximize your chances for a healthy, satisfying, vaginal birth? Emphasizing both the positive and practical, this frank, proactive class is geared to couples near birth, and will cover why labor support such as doulas cut the C-section rate in half, safe ways to keep your energy up and labor effective, and how to use lighting to cut your labor time. $45 per couple.

I'm Pregnant (or Almost), Now What? with Beth Barbeau and Elizabeth Shadigian • Oct. 24, 9-Noon • This class will answer those questions flooding your brain when the pregnancy test is positive (or you hope it will be soon!). Most useful in the first four months of pregnancy or before conception, we will cover nutrition for maintaining a healthy pregnancy and having a healthy birth, psychology of the first trimester, baby-safe natural solutions to common pregnancy discomforts, safe medication choices for the first trimester, understanding choices in genetic testing, lab work and ultrasounds, stages of fetal development, choices in birth attendants, sex in pregnancy, and communication tips. $40 per mother.

VBACs: Having a Vaginal Birth after a Cesarean with Beth Barbeau • Sept. 23, Nov. 18 or Dec. 16; 6:30-9 p.m. • Have you had a Cesarean birth and would like to maximize your chances of having a vaginal birth this time? This one-session class will offer current research about safe VBACs, keys for positioning your baby in the most ideal position for birth before labor begins, strategies for successful laboring and birthing, proactive measures for building confidence along with a supportive team, and the opportunity to discuss pressing concerns. $45 per couple.

Nursing Your Baby with Beth Barbeau • Sept. 26 or Nov. 7, 9 a.m.-12:30 p.m. • Bust the myths and get the facts. Do you know which aspects of labor and delivery affect a normal breastfeeding experience, how to handle the relatives and nursing in public, or how to maintain the breastfeeding relationship under difficult circumstances such as Cesarean recovery or breast infection? Get off to a good start with this practical breastfeeding class. $45 per couple includes snacks.

Nighttime Nursing with Beth Barbeau • Dec. 2, 6:30-9 p.m. • Come discuss infant sleep patterns and how to avoid sleep deprivation. We'll explore safety and sleep, locations, and how to safely meet the nighttime needs of all family members. $35 per couple.

Breastfeeding and Back to Work Success with Keleigh Lee • Nov. 21, 1-3 p.m. • Combining breastfeeding and working (or going to school) is a juggling act faced by the majority of nursing mothers in the U.S. today. What are the key strategies that have allowed mothers to be successful in maintaining balance in both worlds? Come learn the secrets of the art and the practical details. $35 per mother.

Nursing Cafe with Beth Barbeau • Wednesdays, 2-3 p.m. • Come hang out with other breastfeeding moms and a big pot of nursing tea, with professional lactation support on-hand for questions and help. Pregnant moms welcome, too. Free.

Birth Story Circle with Krista Dragun • Sept. 13 or Nov. 15, 3:30-5:30 p.m. • Birthing mothers, fathers, and everyone who witnesses a birth can be uplifted by the mystery and power of birth and, at the same time, be haunted by feelings of confusion, powerlessness, shame, blame or regret about a particular moment they feel they failed or were failed. Left unresolved, negative feelings and beliefs undermine the joy and confidence of parenting and can negatively affect relationships with partner, baby, friends, and work. You can change the way you feel about your birth. $60.

Birthing From Within with Krista Dragun • Six Mondays: Sept. 7-Oct. 12 or Nov. 2-Dec. 7; 6:30-9 p.m. • These classes will help you prepare for your journey through birth into parenthood, not only by filling in the blanks of information you may be seeking, but also by helping prepare you emotionally, mentally, and spiritually. You will deepen your intuitive knowing through thought-provoking dialogues, birth videos, and memorable exercises including games and individual exploration through drawing, sculpture, and painting. $240.

> We are not human beings on a spiritual journey. We are spiritual beings on a human journey.
>
> - Stephen R. Covey

Doula Classes and Information through Indigo Forest • For more information, call 994-8010, beth@visitindigo.com.

Parent-Doula Meet and Greet • Oct. 10, 11 a.m.-12:30 p.m. • This is a quarterly event that provides an efficient way for parents and doulas to find each other. After a brief review of the benefits of doulas (professional labor/postpartum support), parents get a chance to hear local doulas take several minutes each to introduce themselves, and then parents and doulas mingle together over tea and snacks. Free but pre-registration is strongly encouraged.

What's In Your Birth Bag? with Sierra Hillebrand • One Sunday in October, TBA • What are the essential tools and supplies in a successful doula's birth bag? In this playful and interactive workshop, you'll get a chance to share your knowledge while gathering valuable ideas and suggestions from other doulas. Bring your birth bag! $60.

Self Care for Birth Attendants with Sierra Hillebrand • One Sunday in November, 1-5 p.m. • The life of a birth attendant can be both deeply fulfilling and incredibly demanding. We will cover the basics, such as sleep, exercise, and nutrition strategies for keeping ourselves vibrant and well-resourced. $60.

Children & Young Adults

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 22 and Dec. 10, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Babies 18 months and younger free. For information, call 665-2757, lily@crazywisdom.net.

Interactive Storytime with Crafts and Activities with Cheryl Zuzo, Author of *Being Bella: Discovering How to Be Proud of Your Best* • Oct. 4, 12:30 p.m. in the Crazy Wisdom Tea Room • Cheryl will read her motivational children's book with the help of her audience. All children will create a "Proud of My Best" headband, sing songs, and work on coloring pages, mazes, and word searches that tie into the secret messages of the book. *Being Bella* teaches children strategies they can utilize in their everyday life for doing their best and feeling proud of themselves. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

Sing-a-Long and Book Signing with Author Gari Stein of *The More We Get Together* • Oct. 10, 10:30 a.m. in the Crazy Wisdom Tea Room • Let's celebrate Fall! Bring the whole family, tots to 8s. Bring grandma and grandpa, too! Join us for an interactive music and movement program. Together, we will sing, dance, shake, wiggle, enjoy a book, and share laughter and hugs. Juice and crackers served. Free. Call Rachel at 665-2757, rachel@crazywisdom.net.

New Moon Sing with Tammy Corwin-Renner • On the New Moon: Sept. 17, Oct. 18, Nov. 16, Dec. 16; 6:30-7:30 p.m. • A sing for girls 8 to 18 years of age and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. By donation. Call 786-3991.

Buddhist Storytelling: A Performance for the Whole Family presented by Rafe Martin through Zen Buddhist Temple • Oct. 16, 7 p.m. • Part of three special performances held at the Temple. See listing under Buddhism section. $10. For more information, call 761-6520, annarbor@zenbuddhisttemple.org.

Hola Papa: Baby Spanish Classes with Jennifer Rivas Murillo • Mondays, 5:30-6:30 p.m.; Fridays, 12:30-1:30; Sundays, 11-Noon • Parents sing and play with babies. Vocabulary related to food, family, and praying. Bond while encouraging your baby's cognitive development. $225 for 15 weeks plus $25 materials. Call Caroline at 734-821-0311, caroline@languagelink.us.

Reiki for Kids with Jennifer Flowers • Oct. 4, 10-4 • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $20 materials fee. Call 734-416-5200, info@bodyworkshealingcenter.com.

Meditation and Markers with Jennifer Flowers • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! This wonderful meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12 and $6 each additional family member. Call 734-416-5200, info@bodyworkshealingcenter.com.

Music, Movement, and Make Believe for Ages 3 1/2 to 5 with Gari Stein • Wednesdays, Sept. 23-Nov. 25; 12:30-2:30 • Girls and boys explore elements of music, movement, drama, literature, dance, and art. Activities are designed to stimulate creativity, imagination, and self-expression. Dynamic of small group enhances listening and social skills. $200 includes materials. Call 741-1510, little-folks-music.com.

Baby and You! with Gari Stein • Tuesdays, Sept. 22-Dec. 15; 12:30 • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. Join anytime. $150 includes cds. Call 741-1510, little-folks-music.com.

Sing with Me! with Gari Stein • Tuesdays or Wednesdays, Sept. 15-Dec. 16; 9:15 or 10:45 • Musical enrichment for children birth to five and the grown-ups who love them. We will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research based program that enhances development, learning, listening, and literacy. $196 includes cds. Call 741-1510, little-folks-music.com.

Kids' Night Out: How to be a Superhero with Quest Martial Arts • Nov. 7, 5-9 p.m. • Kids, come to this awesome party and learn how to be like your favorite superhero! Batman, Iron Man, Spiderman, the X-Men: we know how they all do it. We will also have a superhero's favorite food: pizza! $20. Call Nick at 332-1800, quest-martialarts.com.

Dance and Drum Classes for Children at Tree of Life Studio • Sept. 14-Dec. 12 • $12 drop-in or $120 for 12-week session. May be pro-rated. Classes for teens and adults listed under Dance & Movement section. For more information, call 433-0697, treeoflifestudio.org.
Tap & Jazz for Ages 4-6 with Cheri Sing • Saturdays, 11 a.m. • This class is a foundation for tap and jazz.
Tumble-n-Twist for Ages 2-4 with Cheri Sing • Saturdays, 10 a.m. • This class gently stimulates body awareness, self esteem, and socialization skills while your child is introduced to new movements and music in a fun, creative atmosphere.
Intermediate Jazz for Ages 8-12 with Jenabah Giacomelli • Thursdays, 6 p.m. • Intended for the young dancer who has had some previous training in jazz and/or hip hop.
Capoeira for Ages 6-12 with Van Robinson • Thursdays, 4 p.m. • Capoeira combines martial arts, gymnastics, music, and dance in a cultural context.
Tap for Ages 7-12 with Cheri Sing • Tuesdays, 5 p.m. • Students will learn basic tap steps and explore rhythms.
Hand Drumming for Ages 8-12 with Sundance DiDomenico • Tuesdays, 4 p.m. • Learn basic hand drumming techniques as we explore the world of polyrhythm. Develop skills in teamwork, playing music, building community, and expressing oneself.
African Dance for Ages 7-12 with Jenabah Giacomelli • Mondays, 5 p.m. • This class seeks to expose young dancers to the vibrant fun of African dance as we feel the drum beat in our feet! Students explore rhythm and time while learning about communication between the drum and dance.

Harmony of Energy for Teens ages 13-15: Chi-Do with Wasentha Young • Tuesdays, Sept. 29-Nov. 17, 4:30-5:30 • Chi-Do is a combination of energy work methods to provide general stress maintenance tools. The design consists of Chinese yoga stretches, modified tai chi movements, safe interactive exercises, self-acupressure points, and meditation techniques appropriate for teens. Preventative and an aid in self-monitoring, this class will help teens reduce mental, physical, emotional, and interactive stressors. $100. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Signing Smart: Baby Sign Language with Kathy Brady • Mondays, Sept. 14-Nov. 16 at 5:45 p.m. or Tuesdays, Sept. 15-Nov. 17 at 3:30 or 4:30 p.m. • Ever wonder what your baby's trying to tell you? Learn family-friendly American Sign Language signs through fun activities and songs in our parent-child play classes. $145 includes beginner handbook and two dvds. Call 389-3459, ssannarbor.com.

Chronic Illness

Imagine Health: Using Disease as a Catalyst for Positive Transformation with Kristi Davis • Oct. 6-Nov. 24: Tuesdays, 1:15-3:45 p.m. • This is a creative, holistic, therapeutic group process designed for people with chronic illness who desire to use their physical challenges as a way to transform their life. Participants will engage in drama exercises, art, writing, movement, and guided imagery meditations to explore the body's messages, core mental/emotional issues, grief and loss, and avenues for healing. We will imagine and "become" the healthy self we aspire to be. $245 plus $25 workbook. Call 253-2650, kristi@creativespirithealing.com.

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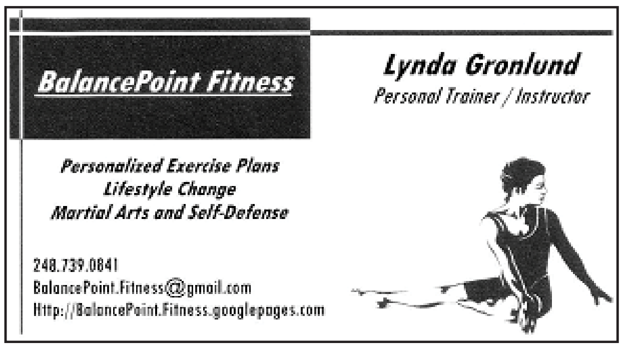
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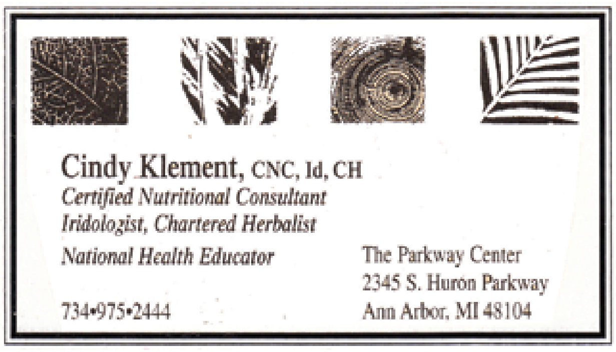
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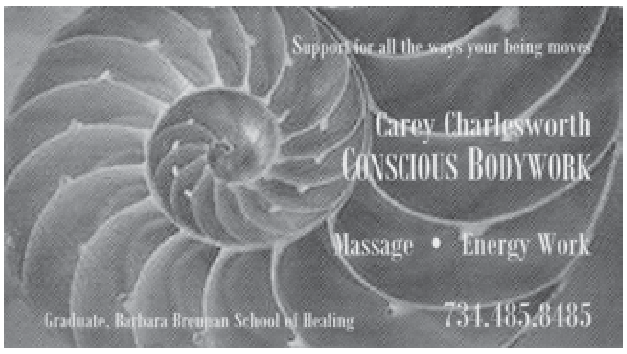
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The Crazy Wisdom Calendar

Ellen Livingston is becoming well known in the area for her classes and workshops on Living Vibrantly with Raw and Healthy Foods

Chronic Illness (continued)

Beyond Natural Cures: Healing Chronic Disease with Aurore Adamkiewicz • Nov. 21, 11 a.m. • We will describe the benefits of color and sound therapy and how it is used with naturopathic psychology to heal chronic disease. Free. Call 248-444-6627, beyondnaturalmedicine.com.

Color

Colors in the Classroom with Jennifer Flowers • Oct. 15, 6-8:30 p.m. • This class is designed for teachers, educators, and anyone passionate about empowering our children. We will use imagery, body positioning, color, and thought patterns to create desired results within minutes. Experience how applying these concepts can make us physically stronger, assist with (test) anxiety, improve self-esteem, and improve grades. Space is limited. $45. Call 734-416-5200, info@bodyworkshealingcenter.com.

Crystals

Chakra Healing Classes with Maret Johnson of World of Rocks • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 11 a.m.-1 p.m. or Sept. 21, Oct. 19, Nov. 16, Dec. 14; 6-8 p.m. • Explore the healing properties of crystals as you learn about the chakras. This is a class that will excite you and make your life decisions more relevant. As a bonus, we will help you design a bracelet incorporating all of the healing crystals. $35 includes supplies. Call 481-9981, worldofrocks.com.

Dance & Movement

Dreaming a Place: Environmental Dance with Irena Nagler • Oct. 18 and 25, 3:30 p.m. • We will explore the sense of place and allow its elements to speak through us in dance and movement. Outdoor locations TBA. No experience necessary. $5-$20 sliding scale. Call 996-1772, twofeather.com/nightfire.

Dance Classes for Teens and Adults at Tree of Life Studio • Sept. 14-Dec. 12 • $12 drop-in or $120 for 12-week session. May be pro-rated. Classes for kids listed under Children & Young Adults section. For more information, call 433-0697, treeoflifestudio.org.
Barefoot Boogie • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 8-1 p.m. • Join us for our free dance party! An evening of expression and movement. Experience new music, new friends, and open minds as we mingle, move, and just have fun! All ages welcome.
Zills, Frills, and Thrills with Jenabah Giacomelli • Thursdays, 7 p.m. • This "bellyesque" dance class is intended for all women seeking to have some innocent fun and a great workout. We combine basic tribal style bellydance movements with fun and flirty dance phrases inspired from the burlesque dance world. We will also explore deeper with the use of props and accessories used in both dance genres, such as zills (finger cymbals), veils, boas, fans, chairs, and more.
Capoeira with Van Robinson (Manhoso) • Thursdays, 5 p.m. • Explore this Afro-Brazilian art form that combines dance, martial arts, and acrobatics. It is also a social event filled with tradition and history.
Tribal Belly Combo-ography with Jenabah Giacomelli • Wednesdays, 7 p.m. • Intended for the dancer who wants to further explore Tribal Style Bellydance through original combinations, fun formations, and improvisation combined with unique choreography.
Afro-Modern with Jenabah Giacomelli • Wednesdays, 6 p.m. • This is a beginning level dance class that draws its material from the African Diaspora and dance techniques of Katherine Dunham, Martha Graham, and Pearl Primus.
Broadway Blast with Jaclyn Morrow • Wednesdays, 5 p.m. • This is a beginning jazz class that incorporates theater skills. Students learn basic jazz movements, combinations, isolations, and choreograhy, as well as explore the use of props, facial expressions, and acting tips.
Jazz I with Jaclyn Morrow • Wednesdays, 4 p.m. • Intro to Jazz is a great foundation for dancers, encompassing basic technique, strength, discipline, and style.
Zumba with Jane Helzer • Tuesdays, 7 p.m. • Zumba fuses hypnotic Latin and world rhythms into easy to follow moves that create a dynamic fitness class. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.
Tribal Belly 101 with Cheri Sing • Tuesdays, 6 p.m. • A modern variation of bellydancing, this is a fusion form of dance influenced by the Middle East, India, North Africa, and Spain. We will cover basic bellydance movements, technique, and the concept of tribal style group improvisation.
African Dance with Jenabah Giacomelli • Mondays, 6 p.m. • Incorporating basic stretch and warm up exercises with dance movements from East and West Africa, students will learn songs, rhythms, and dances as we embark on a journey of high-energy movements as well as rhythmic, fluid gestures.

Introduction to Continuum Movement with Robin Becker • Nov. 6, 6:30-9:30 p.m. • Learn about Emilie Conrad's groundbreaking movement work leading us into ourselves and our relationship to the world. Safe for all mobility levels and offers a process in which to explore the message of sensation through the resonance of fluid systems in the body. $40 with early registration discount available. Call Elaine at 255-9110, michigancontinuum@gmail.com.

A Weekend of Continuum Movement with Robin Becker • Nov. 7-8, 10-5 each day • Experience a rich exploration into your own presence through Continuum Movement. Through the sensations of the body, we experience life, and the roots of compassion and empathy reside in these messages of sensation. When we lose relationship with our bodies, our engagement and relationship with the larger world is diminished. Safe for all mobility levels. $250 with early registration discount available. Call Elaine at 255-9110, michigancontinuum@gmail.com.

Death & Dying

At-Home Funerals and Green Burial Options with Kerry Lizon and Merilynne Rush • Oct. 18, 1-2 p.m. • Many people are curious about their options in caring for their loved one at home in the time immediately following death, including laying out the body, visitation, and home funeral or ceremony. This lecture provides practical suggestions for how this can be done and information about services available to assist families and loved ones during this life transition. We also discuss options for green burial in Michigan. $10. Call Kerry at 904-0049, athomefunerals@gmail.com.

Drumming

Drummunity Circles hosted by Lori Fithian • Sept. 23, Oct. 21, Nov. 18, Dec. 16; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818, lorifithian@mac.com.

Drum Classes for Teens and Adults at Tree of Life Studio • Sept. 14-Dec. 12 • $12 drop-in or $120 for 12-week session. May be pro-rated. Classes for kids listed under Children &Young Adults section. For more information, call 433-0697, treeoflifestudio.org.
Community Drum Jam • Sept. 25 and Oct. 23, 8-11 p.m. • A drum circle for all! Feel the pulse once a month while we build community through rhythm, dance, and song. Bring your own drum or use one of ours. Free.
Hand Drumming with Sundance DiDomenico • Wednesdays, 8 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments.

Drum 4 Wellness Circle at Interfaith Center • First Saturday of each month, 7:30-9 p.m. • Facilitated community drum circle that includes drum techniques, recreational drumming, relaxation exercises, and guided imagery to reduce stress, empower individuals, and provide fun! Bring your drum or use one provided. Donations accepted. Call Don at 480-1219, interfaithspirit.org.

Energy Healing & Energy Work

Sunday Healing Circle with Glenn Pailthorp • Sept. 6, Oct. 4, Nov. 1, Dec. 6; 2-4:30 p.m. at Crazy Wisdom Community Room • Join us on the first Sunday of the month to enjoy guided meditations and exercises for developing our healing abilities. Although we will enjoy many self transformation methods, we will always spend some time doing distance healing and clearing of our own auras. Everyone will have an opportunity to receive a healing. $10. Call 417-8682, pailthorp.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part 1: Sept. 11, Noon-1:30; Part 2: Sept. 18, Noon-1:30 • Learn a powerful tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase peace. $30 per session. Contact melaniefuscaldo.com.

Harmony of Energy One Day Workshop: Benefit for Jewel Heart with Wasentha Young sponsored by Peaceful Dragon School • Sept. 19 • $30 each session or $75 full day. All proceeds benefit Jewel Heart. Call 994-3387, registration@jewelheart.org.
10-11:30 a.m. • Introduction to Chi Kung (Qigong) • Learn 14 basic stretches, sounding, and connect energetically with earth, nature, and the universe.
1-2:30 p.m. • Interactive Energy • Learn qualities of harmonizing with others through safe and playful interactive exercises that enhance your ability to listen, adhere, yield, and neutralize force.
2:45-4:15 p.m. • Self Acupressure • Learn potent acu-points to reduce muscle tension from head to toe.

Healing Circle with Cassie Cammann and Other Deep Spring Center Teachers • Tuesdays, Noon-1 • We'll circle together, then offer or receive the loving touch of health and wellness. Please join us whenever you can. Donations accepted. Call 477-5848, info@deepspring.org.

Practitioner Support Night: Reconnective Healing with Madelyn Miller • Oct. 6, 7 p.m. • Personal reconnections enable rapid movement for those who wish to advance along their evolutionary life path with new energy frequencies that allow healing on all levels. Open to the public. Donations accepted. Call Great Lakes Center for Healing Touch at 332-9332.

Esoteric Healing Level One with Laurie Akerros • Oct. 23-25 or Nov. 20-22, 9-5 daily • In this three-day workshop, students will learn to palpate, assess, and treat the human energy field with sensitivity and awareness in order to create conditions for optimal healing and wellness for clients, friends, and family. We will work with various subtle "bodies" of energy: physical/etheric, emotional, mental, soul, and spiritual aspects. $395. Call 255-2677, lakerros@hotmail.com.

Introduction to Energy Healing with Sandi Zak and Jeannie Ballew • Oct. 15, 7:30-9 • We will provide a basic overview of energy healing along with exercises in grounding and opening the heart. We will also teach a powerful five minute energy medicine routine to do at home to strengthen your energy field to prevent illness and manage stress. $25. Call Jeannie at 994-6663, jmballew@provide.net.

Immune Support Chi Kung with Wasentha Young • Sept. 28, 5:30-7 p.m. • Learn 12 acupressure points (self-applied thumb pressure), massage techniques, and sounding (vocal sounds) that support and strengthen the immune system. Ages 16 and up welcome. Must be able to walk up and down a flight of stairs. $50. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Chi Kung (Qigong): Chinese Yoga with Wasentha Young • Tuesdays, Sept. 15-Dec. 15, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung form. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. $180. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Healing Touch Certification Program with Barbara McConnell • Healing Touch is a complementary energy therapy that can be used with or without traditional therapies. Students use their hands with light or near-body touch to help clear, balance, and energize the human energy system to promote healing for mind, body, and spirit. It is based on a heart-centered caring for others. Early registration discounts offered. For more information, call 517-914-4133, mcconb51@bigplanet.com.
Level 1 • Aug. 22-23, 8-6 both days • 18 CEs. $275 plus $20 materials fee.
Level 2 • Oct. 17-18 or Nov. 14-15, 8:30-6 both days • Review of Level 1 with the addition of other techniques to deepen the work. 17.5 CEs. $300 plus $20 materials fee.
Level 3 • Nov. 7-8, 8:30-6 both days • Includes development of higher sense perception, sequencing of healing touch techniques, working with guidance, self-healing, and self-development. 17.6 CEs. $325 plus $20 materials fee. Instructor to be announced.

Knowing the Unknowable: Harnessing Energy and Intention with Keith Copeland • Oct. 16 • To have the life we want, we need to harness our energy and intention. We also need to know the secrets of influencing the energy and intention of others. Learn how to exponentially increase the positive results in your life. $37. For times, call 332-1800, questcenter@sbcglobal.net.

European History

Life in the Middle Ages with Barony of Cynnabar • Sundays, Sept. through Dec., Noon-4 • Come and learn about historical singing, dancing, clothing, arts, sciences, and martial arts. Free. Contact chatelaine@cynnabar.org.

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The Crazy Wisdom Calendar

Exercise & Fitness

Fitness Together West Open House with Fitness Together Trainers • Sept. 13, 1-4 p.m. at Plum Market • Free samples, door prizes, free Body Mass Index evaluation, and more! Free. Call MJ LaDuke at 327-7900; ftannarborwest.com.

Women's Boot Camp with Shelby Norment • Mondays and Wednesdays, 1 p.m. • Body weight bearing exercises, cardio interval training, no equipment necessary to get in shape! $12 drop-in or $10 each for six weeks. Call 517-416-1556; mbsacademe.com.

Sorority Boot Camp with Paul Tibaldi • Six weeks beginning Oct. 13 and 14: Tuesdays, 7-8 p.m. or Wednesdays, 7:45-8:45 a.m. • Join this full body exercise program to improve strength and stability as well as get your heart pumping. $60 for four sessions, $100 for eight sessions, $120 for twelve sessions. Call Melissa or Jamie at 994-9970, intelligentexercise.net.

Reformer Level I Workshop at Intelligent Exercise Studio • Six weeks beginning Oct. 15: Thursdays, 7 p.m. • Perfect for the Pilates novice or Pilates equipment curious, this workshop includes your initial session and five reformer classes. Learn Pilates fundamentals with the goal of applying them on the equipment. $125. Call Melissa or Jamie at 994-9970, intelligentexercise.net.

Nia at Arts in Motion Dance and Music Studio • Thursdays, 10:30-11 a.m. or 11-11:45 a.m. • Nia blends martial arts, dance arts, and healing arts into a cardiovascular and whole body workout. $39 per month for 30 minute class. $42.70 per month for 45 minute class. Call Amanda at 222-6246, artsinmotion.net.

Exhibits

Art Exhibits at Creative 360 • Opening nights are free with donations appreciated. Call Colleen at 989-837-1885, creed@becreative360.org.
5 x 10: Mid-Michigan Printmaking • Opening Sept. 18, 7-8:30 p.m. • Show runs through Nov. 6.
A Passage of Time: Works of Barbara Zimmerman • Opening Nov. 13, 7-8:30 p.m. • Show runs through Dec. 23.
Pecha Kucha Night • Oct. 14, 7-9 p.m. • Pecha Kucha, Japanese for the sound of conversation, creates a setting where visual and performing artists meet, network, and show their work. Bring a dish to pass. Call ahead if you would like to present your work.
Artist Soiree with John Palen • Nov. 4, 7-9 p.m. • Evening includes dinner, wine, presentation, and signed copy of one of his books. $45.

Film

Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by a group discussion. Bring your friends and join us for a movie, a concession stand, and lots of fun conversation about the film. Free film with concessions available. No film in December. Call 994-3387, jewelheart.org.
Sept. 25 • Far Away, Too Close hosted by Kimba Levitt and Hartmut Sagolla
Oct. 30 • Brazil hosted by Supa Corner
Nov. 20 • Beyond the Sea hosted by Elizabeth Hurwitz

Spiritual Cinema: Movie and Discussion with Interfaith Center • Second Saturday of each month, 8 p.m. • One feature-length movie or several short films with spiritual themes will be shown, with discussion afterward. Call ahead to find out what's being shown. $5 suggested donation. Call Dave at 327-0270, interfaithspirit.org.

First Aid

CPR Family and Friends with SJM Hospitals • Howell: Sept. 15, Oct. 20, Nov. 17, Dec. 15; 6:30-8:30 p.m.; Ypsilanti: Sept. 16, Oct. 21, Nov. 4, Dec. 2; 6-9 p.m. • AHA class for community members over the age of 16 who are interested in learning the basic skills necessary to respond to emergencies. Does not meet the requirements for person seeking a credential for CPR. $38. Call 712-5800, sjmercyhealth.org.

Flower Essences

Introduction to Bach Flower Remedies with Laurie Akerros • Nov. 7-8, 9-5 daily • This class will cover the history and an in-depth study of each of the 38 Bach Flower Remedies. Students will learn how to evaluate when a particular remedy might be helpful for emotional, mental, and spiritual issues and how to properly mix and prepare remedies. Each student will leave with their own unique remedy combination and a new skill to help clients, friends, and family. $180. Call 255-2677, lakerros@hotmail.com.

Fundraisers

One Peace Concert Fundraiser • Sept. 17, 7:30 p.m. • Join us for an evening of entertainment and fun as local musicians showcase their talent and share their music. Proceeds go toward the Sept. 19th One Peace event celebrating United Nations International Day of Peace. $10. Call Colleen at 425-0079, onepeace.us.

Zen Buddhist Temple's Famous Annual Great Green Recycling Yard Sale • Sept. 5-7: Saturday 9-5, Sunday Noon-5, Monday 9-5 • Once again, we will focus primarily on furniture - couches, love seats, chairs, desks, dressers, and tables - as well as books and household items. Our members clean and repair all items. This event always draws hundreds of environmentally-caring people and bargain hunters. Call 761-6520, annarbor@zenbuddhisttemple.org.

Lighthouse Center's 2nd Annual Walk for Peace at Hudson Mills Park • Sept. 12, 9:30 a.m. • A three-mile walk to support the Lighthouse Center. Meet at 9:30 with walk at 10 a.m. Veggie potluck to follow at Noon. Walk for free and bring your pledge form to support your walk. Forms available at lighthousecenterinc.org. Call Nirmala at 734-645-2188.

Grief & Grieving

Grief: Nature's Way of Healing a Broken Heart with Margaret Heinz of Weber Center • Nov. 11, 10-2 • The goal of every grief journey is to integrate the loss into one's life in such a way as to allow one to continue life's journey in peace and joy. Within a framework of prayer and sharing, this presentation will walk through the stages of grief, identify those things that might inhibit a healthy grieving process, and look at the ways we can help ourselves navigate this most difficult period in our lives. $25. Call 517-266-4000, webercenter@adriandominicans.org.

Herbs, Plants & the Garden

Herbal Remedies and Wisdom Series with Linda Diane Feldt at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 p.m. each evening. Free. For registration and information, call Kevin Sharp at 994-4589, peoplesfood.coop.
Nourishing and Medicinal Herbs: Is There a Difference? • Sept. 24 • Herbs are more than a substitute for drugs. We'll explore a number of herbal traditions, talk about systemic support, and why nourishment is the ideal first approach to wellness and health.
Menopausal Herbal Support and Allies: The Good News • Oct. 22 • Menopause is more accurately a multi-year process and transition. The good news is that there are herbs to address every symptom, complaint, and glitch in the process. You'll learn about many options that are especially important to try before using the heavier-duty herbs and drugs.
Cancer and Heart Disease: A Sensible Herbal Approach • Nov. 19 • We'll talk a lot about prevention, but also what to do if these are health concerns you are dealing with. We'll also cover how to sort out the wild claims from good products and therapies.

Winter Medicine Making: Immune System and Symptomatic Comfort with Herbal Medicines with Mary Light • October • Participants will be guided in hands-on preparation of useful products to take home with full discussion of how to use with illness. $95 includes materials and products. For date and times, call 769-7794, gaiaherbalstudies.net.

Holistic Health

Anthroposophic Inpatient Therapeutic Session with Molly McMullen-Laird and Quentin McMullen at Rudolf Steiner Health Center • Nov. 9-21 • Anthroposophic medical care including Eurythmy therapy, art therapy, speech formation therapy, nutritional counseling, rhythmical massage, and treatment of chronic illness. For complete information, call 663-4365, steinerhealth.org.

Essentially Fluless: How to Take Care of Yourself, Your Children, and Your Community with Merri Walters • Sept. 26, 1-4:30 p.m. • Merri will review the keys to staying healthy and describe ways to help you regain your balance if you do have the flu. Many of these options will be available for you to see and experience, including homeopathic remedies, herbs, essential oils, and flower essences. $150 with early registration discount available. Call Drew at 663-3160, sacredessences.com.

Holistic Health Series with Gaia Kile at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 p.m. each evening. Free. For registration and information, call Kevin Sharp at 994-4589, peoplesfood.coop.
Fatigue: Causes and Solutions • Sept. 10 • There are many reasons why you may be tired all the time. Sleep disorders, endocrine imbalance, chronic infections, and nutritional deficits can all contribute to low energy and chronic fatigue. We will look at common causes of fatigue, ways of sorting out which might be affecting you, and natural, holistic ways of improving your energy.
Longevity: Increase Your Odds • Nov. 12 • During the past 200 years, our life expectancy has gotten continually longer. Recent trends suggest that this may soon be reversed, due in great part to lifestyle choices. We will review the science around longevity and what you can do to live a long, healthy life.

Heart Health • Dec. 10 • We will discuss the many risk factors for heart disease and look at optimal nutritional, exercise, and stress management approaches to reducing your risk. Simple lifestyle choices can often reverse the progression of conditions that lead to heart disease. Important nutritional supplements will also be discussed.

Feeling Foggy, Sick or Allergic May Be All In Your Gut! with Milagros Parades • Nov. 14, 2-4 p.m. • In traditional, holistic systems of medicine, the health of the digestive system is the foundation of overall health, and is reflected in the nervous system, the immune system, the reproductive system, and the respiratory system. This class will present the groundbreaking work of Dr. Campbell-McBride, which reveals the connection between the gut and a wide range of learning disorders, immune system disorders and allergies, depression, schizophrenia, asthma, etc. $20-$30 sliding scale. Call Indigo Forest at 994-8010, beth@visitindigo.com.

Love the Skin You're In! with Mariah Newborne • Sept. 14, 7-9 p.m. • Have healthy, radiant skin with Weleda products and learn about the benefits of choosing a natural, holistic approach. Understand the needs of your skin and how to work with issues such as acne, rosacea, and oily, dry or aging skin through deep cleansing facials, lymphatic drainage, massage, acupressure, and home care. $15-$25 sliding scale. Call Indigo Forest at 994-8010, beth@visitindigo.com.

Saturday Night Live Event: Vegetarian/Vegan Potluck Dinner • Aug. 29, Sept. 26, Oct. 31, Nov. 28 • A vegetarian potluck dinner event with speakers on various health topics each month. By donation. For times, call Bob at 248-680-8688, healthforcecenter@sbcglobal.net.

Homeopathy

Herbs and Homeopathy for Moms and Babies with Patty Brennan of Center for the Childbearing Year • Sept. 12, 9-Noon • This introductory level workshop details non-toxic, holistic approaches to common challenges during the early weeks and months postpartum for both mom and baby. We will discuss remedies for healing, cesarean recovery, mastitis, depression, colic, thrush, blocked tear ducts, teething, and more. Appropriate for expectant and new moms, as well as doulas and other professionals who work with moms and babies. $50. Call 663-1523, center4cby.com.

Homeopathic Kit Class with Mary Tillinghast of Castle Remedies • Sept. 15, 7-9:30 p.m.; Sept. 26, 2-4:30 p.m.; Oct. 14, 7-9:30 p.m.; Oct. 24, 2-4:30 p.m.; Nov. 9, 7-9:30 p.m.; Nov. 21, 2-4:30 p.m.; Dec. 2, 7-9:30 p.m.; Dec. 12, 2-4:30 p.m. • These classes teach you how to choose and use homeopathic remedies for yourself and loved ones. The Homeopathic Kit Manual featuring a Materia Medica and Repertory will be provided. $49 recession rate each. Call 973-8990, castleremedies.com.

Hypnosis

Self Hypnosis for Weight Loss with Glenn Pailthorp • Sept. 13, Oct. 11, Nov. 8, Dec. 13; 2-3:30 p.m. • Learn self hypnosis and enjoy guided meditations to get as healthy as possible. The emphasis of these healing techniques is not so much to lose weight, but to build a healthier lifestyle and to get more out of your life. $10. Call 417-8682, pailthorp.com.

Past Life Regression with Glenn Pailthorp • Sept. 20, 2-4:30 p.m. in Crazy Wisdom Community Room • Past life regression is a fun and easy way to look at how previous lives relate to this life. Awareness of past lives helps you understand and heal your current life relationships. Clearing past life energies can also transform physical and emotional illness. $20. Call 417-8682, pailthorp.com.

Infant Massage

Infant and Baby Massage Classes for Ages Two Weeks to Twelve Months with Ann Zalek • Four Mondays: Oct. 19-Nov. 9; 10-11 a.m. or 12:30-1:30 • Parents and caregivers enjoy learning to massage their babies. Massage stroke sequences for each body area (legs, feet, stomach, etc.) are introduced gradually throughout the four-session course. Ample time it provided to review strokes. A gas/colic routine and gentle movements are included. Massage is done at the pace the babies are willing to accept. $80 per family. Call 973-1014, info@lamazefamilycenter.org or 332-3800, theracaremassagetherapy.com.

Infant Massage with Linda Diane Feldt • Wednesdays, Sept. 16-Oct. 7; 10-11:30 a.m. • In four informal classes together with your infant, you will learn how massage can help babies, how massage can help parents and babies bond, specific soothing and toning techniques and moves, therapeutic techniques for special circumstances, and the theory and practice of reflexology and how it can be gently used with babies. $60-$90 sliding scale includes handouts and oil. Call Indigo Forest at 994-8010, beth@visitindigo.com.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Fridays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 417-8317, mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Sundays of each month, 11 a.m.-2 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary. Call 717-8513.

Heart-Based Intuitive Development with Melanie Fuscaldo • Oct. 6, Noon-1:30 • Develop your intuition with heart-based techniques to discover information about relationships, health, and spiritual goals. Explore inner purpose and career path. $30. Contact melaniefuscaldo.com.

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The Crazy Wisdom Calendar

Psychic Development I with Deb Foggio • Sept. 15-Oct. 6, 7-9 p.m. • Students are guided through the process of connecting with and developing their psychic ability. The class helps to awaken your awareness, then stimulates psychic development by teaching the fundamentals required to develop and use this skill in everyday life and more. $125. For meeting days, call 248-702-7064, integrativewellbeing.com.

Psychic Development Circle with Deb Foggio • Thursdays, 7-9 p.m. • A circle for those who have opened up to their psychic and metaphysical gifts and would like to take them to the next level. Work is done to enhance the skills you already have and expand into new areas. $15. Call 248-702-7064, integrativewellbeing.com.

Intuitive Foundation Series in the Tradition of John Friedlander • For dates and more information, call Violeta at 677-2761, psychicdevelopment.cc.
Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • Two-day weekend seminar or Six-session series • We each have a bubble of spiritual energy surrounding us called the aura. Using our own perceptive skills, we learn two easy techniques from which the other Foundation classes build upon. These techniques help us find our own psychic energy, clear blockages, and repair our chakras and aura. This is a basic class in John Friedlander's system and a prerequisite to other classes and is based on *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*. $175 weekend seminar, $25 each two-hour class.
Foundations in Psychic Development I with Donna Davison and Tiffany Mazurek • Nov. 7, 9-6 • See above description. $150. Call Donna at 218-0249, ddavison0249@charter.net or Tiffany at 709-2096, tiffany@sacred-healing.com.
Foundations in Psychic Development II: The Clairvoyant Beauty of Creating Your Reality through Space and Wisdom with John Friedlander • Saturday, 9-6 and Sunday, 9-3 • We create our reality through our aura. We will explore what conditions in the aura generate events in the physical world and how desires and ideas come to fuel specific outcomes so as to better direct our energies toward more pleasant, wiser outcomes. $250.
Foundations in Psychic Development Levels I-II Practice Sessions with John Friedlander • Sept. 8, Oct. 6, Nov. 10, Dec. 8; 7-9 p.m. • Open to all students who have finished Level I or Levels I & II. Class begins with a clearing meditation. John brings new insights and deepening awareness to the development of the basic skills learned in the Foundation classes. $10.
Foundations in Psychic Development III: Seeing Auras with John Friedlander • Saturday, 9-6 and Sunday, 9-3 • We will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others, and in deepening one's understanding of oneself and others. $250.
Foundations in Psychic Development: Level III Reading Practice Sessions with Violeta Viviano • Sept. 23, Oct. 28; 7-9 p.m. • Open to all students who have finished Level III. We continue to deepen our perceptive skills and clairvoyance by reading our own aura and that of others. Begins with a clearing meditation.
Foundations in Psychic Development IV: Channeling with John Friedlander • Saturday, 9-6 and Sunday, 9-3 • Learn the clairvoyant mechanics of skillful channeling - how to prepare your space for channeling by running an ever clearer white light vibration while still owning and governing who and what occupies your space. $250.
Powerful Play of the Focused Mind with John Friedlander • Sept. 26, 9-6 and Sept. 27, 9-3 • Learn how to sustain your attention as you meditate clairvoyantly on a meditation object. This generates physical and emotional health and spiritual power and insight. $245.
Etheric II with John Friedlander • Sept. 5, 9-6 and Sept. 6, 9-3 • Powerful investigation of the etheric body, the underpinning of our physical health and spiritual siddhis. Prerequisite: Foundation Level I and Etheric I. $225.

Get Intuit: Intuitive/Psychic Development with Shala Kilmer • Eight Mondays starting Oct. 19, 6:30-9:30 p.m. • Have you wondered why your intuition works so well sometimes and not so well in situations where you really need it? Get Intuit will introduce many techniques for tapping in. $198. Call 248-258-8287, intuitionpath.com.

Clairvoyant and Intuitive Development Seminars with Ray Golden of Center for Intuitive Health • Early registration discounts available. For more information, call 663-9724, rayogoldenreiki.com.
Intuitive Awareness 1: Awareness and Intuitive Self Healing • Sept. 19-20, 10-5 each day • Learn simple, powerful techniques to begin to perceive, ground, and heal your psychic and emotional space, aura, and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field. $189.
Intuitive Awareness 2: Deepening Awareness and Skills • Oct. 17-18, 10-5 each day • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healing work. Prerequisite: Intuitive Awareness 1. $199.
Intuitive Awareness 3: Putting It All Together • Saturday and Sunday TBA • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $199.

Intro to Clairvoyant Healing Practices with Glenn Pailthorp • Oct. 7, 7-9 p.m. at Crazy Wisdom Community Room • Opening the third eye is the first step in psychic development as you learn to see and explore your auras, chakras, and how your energy interacts with your world. As you explore, heal, and work with your energy field, you can accelerate your spiritual evolution and improve the quality of your life. $20. Call 417-8682, pailthorp.com.

Clairvoyant Healing Practices with Glenn Pailthorp • Oct. 10, 9:30-4:30 • In this form of psychic development, emphasis is placed on opening and using the power of your sixth chakra clairvoyance to explore how your aura interacts with the world. As you explore, heal, and work with your energy field, you can accelerate your spiritual evolution and improve the quality of your life. $150 with early registration discount available. Call 417-8682, pailthorp.com.

Labyrinth

We Walk a Wide and Gracious Path with Esther Kennedy at Weber Center • Oct. 16 at 7:30 p.m. through Oct. 18 at 1 p.m. • The labyrinth is a metaphor for the journey into inward space, to the sacred center from which all being comes and divine generosity flows. Walking the path together, we will ground our spirit in the rhythms of nature, observe earth's sacred patterns at work in our lives, and cross thresholds of birth, death, and rebirth. $300 single, $225 double, $150 commuter. Call 517-266-4000, webercenter@adriandominicans.org.

Love & Relationships

Soul Mates as a Path to God with Lorri Coburn • Oct. 10, 10:30-5 at Crazy Wisdom Community Room • Many spiritual traditions honor the journey of soul mates as a way to experience God. We'll explore how to navigate the joys and pitfalls of the soul mate relationship. $45. Call 734-646-6585, lorricassie@sbcglobal.net.

Forgive for Good Mini Workshop with Erin Fry at Mind Body Spirit Wellness Center • Nov. 14, 9-11 a.m. • A proven prescription for health and happiness. In this introductory workshop, learn to free yourself from resentments and grudges by using simple techniques developed by Dr. Frederic Luskin. $20. Call 277-4858, erin@chelsearesolution.com.

Heart-Based Communication Mini Workshop with Erin Fry at Mind Body Spirit Wellness Center • Oct. 10, 9-11 a.m. • Gain simple communication techniques that can be applied to all relationships: spouses, parents, children, siblings, neighbors, and co-workers. The content of this introductory workshop is based on the work of Marshall Rosenberg and the Center for Nonviolent Communication. $20. Call 277-4858, erin@chelsearesolution.com.

No More Tip Toe Talking! with Shirley Joy • Oct. 3, 10 a.m.-4 p.m. • Learn how to be respectfully direct when communicating with difficult people and stressful situations. You will leave with a communication skills toolbox that will support your courage and determination to create a win-win situation. $145 includes lunch. Call 734-451-2523, myverbalcompanion.com.

Massage

800 Hour Massage Therapy Program Open House at the Ann Arbor Institute of Massage Therapy • Sept. 3 at either 9 a.m.-12:30 or 6-9:30 p.m. • AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness, and the sensitivity needed for a successful and rewarding career in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage, and various components and related approaches to therapeutic massage. $75 application and registration fee. The following class listings are abbreviated. For complete, detailed information, please call 677-4430 ext. 23, fax 677-4520 or email info@aaimt.edu.
Myofascial Therapy II with Christia West • Sept. 18-20, 9-5 each day • $350 with 21 CE credits.
Seated Massage with Christia West • Sept. 26, 9-5 • $150 with 7 CE credits.
Skills Builder Series I with Christia West • Sept. 27, 9-4 • $175 with 7 CE credits.
Myofascial Therapy III with Christia West • Oct. 2-4, 9-5 each day • $350 with 21 CE credits.
Professional Ethics and Boundaries with TBA • Oct. 6, 9-12:30 or 6-9:30 p.m. • $50 with 3.5 CE credits.
Reflexology with Prema Lindsay Smith • Oct. 10-11, 9-5 each day • $250 with 14 CE credits.
Skills Builder Series II with Christia West • Oct. 25, 9-4 • $175 with 7 CE credits.
Sports Massage II with Jocelyn Granger • Oct. 30 and Nov. 1, 9-5 each day • $350 with 21 CE credits.
Skills Builder Series III with Christia West • Nov. 8, 9-4 • $175 with 7 CE credits.
Pathology with Christia West • Nov. 21, 9-5 • $150 with 7 CE credits.
Neuromuscular Therapy I with Jocelyn Granger • Dec. 11-13, 9-5 each day • $350 with 21 CE credits.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 62.

Medicine for the Earth

Medicine for the Earth: Restoring Health to Self and the Environment with Kate Durda and Stephanie Tighe • Oct. 17, 10 a.m.-5 p.m. and Oct. 18, 9:30-4 p.m. • Two-day experiential workshop/personal retreat is based on the work of Sandy Ingerman and her book *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and 'pollution' by learning how to transmute negative beliefs, attitudes, and the energy that comes forth from our emotions. Learn about alchemy and how to create miracles. Ends with healing ceremony Sunday afternoon. $120. Pre-registration discount offered. Call 517-543-6754, spiritweavers.net.

Meditation

Meditation and Markers with Jennifer Flowers • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! This wonderful meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12 and $6 each additional family member. Call 734-416-5200, info@bodyworkshealingcenter.com.

Oneness Blessing and Meditation with Lee Schaberg • Fridays, 7-8 p.m. • The Oneness Blessing, a non-denominational transfer of divine energy, initiates a neurobiological change in the brain that enables the senses to be free from the interference of mind. A natural clarity and perception occurs, bringing joy, inner calm, and connection to the Oneness in everything. Love offering. Call 358-5529, lee.k.s.@comcast.net.

Standing Meditation with Dan Hoffman • Wednesdays continuing in September, 7-8 p.m. • By working with our physical patterns in the body through the Chinese qigong (energetic practice) of Zhan Zhuang (standing meditation), we can change our mental and emotional patterns as well. You can become more relaxed, balanced, and structured in your life just by working with this simple meditation technique. $15. Call 734-416-5200, info@bodyworkshealingcenter.com.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116, symcannarbor@gmail.com.

Beginning Meditation with Martha Kimball • Sept. 9-30, 6-7:30 p.m. • Meditation is a skill that results in quieting conditioned and habitual patterns of thought, bringing greater awareness and reducing stress. It trains one to observe each moment without judgment. It has been shown to boost the immune system and reduce cardiovascular risk. $82. For days, call 998-5679, med.umich.edu/cvc/health/classes_stress.

Deepening Meditation with Martha Kimball • Oct. 14-Nov. 4, 6-8 p.m. • This is for those with a personal meditation practice for at least several months. This class introduces new strategies and provides participants with the support of a community of other practicing meditators. $107. For days, call 998-5679, med.umich.edu/cvc/health/classes_stress.

Meditation Night with Deb Foggio • Wednesdays, 7:30 p.m. • An evening of meditation using the power of intention. Group meditation enhances our energy into new levels of experiencing wisdom or healing. Setting intention helps us discover more clearly the answers we seek. On occasion, messages will be received for those participating in the meditation. $15. Call 248-702-7064, integrativewellbeing.com.

Meditation Classes through Deep Spring Center • For more information, call 477-5848, deepspring.org. Building fee listed with optional opportunity to offer dana to teachers.

Sharing and Learning Together with Erica Dutton • Saturdays, Sept. 19-Nov. 14; 10-Noon • This class is an opportunity to meditate together and talk about our experiences, share our discoveries, ask questions, and learn from each other. The eventual goal is to establish a regular meditation practice. Vipassana instructions as well as support practices will be provided, but this class is for those who have had at least one other Vipassana meditation class. $49.

Insight Meditation and Mindfulness: Working Toward a Daily Practice with Jim Whiteside • Mondays, Nov. 2-Dec. 14; 7:30-9 p.m. • The primary focus of this class will be on supporting students in their efforts to establish a regular daily meditation and/or mindfulness practice. We will address various internal and external constraints we encounter in trying to develop regular daily practices and offer each other support in dealing with them. $42.

Exploring the Eight Fold Path: Insight Practice Progression and Sutta Study with Carol Blotter • Tuesdays, Sept. 29-Nov. 10; 7:15-9 p.m. • The Buddha said the way to end suffering was to follow the eight fold path. How does greed, hatred, and delusion become eradicated through these eight steps? What does right livelihood, right speech, and right action mean in our current world condition? This class will explore these issues while reinforcing the use of practice both on and off the cushion. $35.

Beginning Insight Meditation • Wednesdays, Sept. 23-Oct. 28; 7:30-9 p.m. with Lisa Zucker and Julie Wolcott; or Nov. 4-Dec. 16; 7:30-9 p.m. with Lisa Zucker and David Lawson • Insight meditation is an ancient, profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. This class is designed for students new to insight meditation and anyone who would like to review the basics. $59 to Ann Arbor Public Schools Rec & Ed.

Tuesday Group Meditation with Bilha Rivlin • Tuesdays, 6:30-7:15 a.m. • Sitting meditation to start the day! Please enter and depart in silence. All welcome. Donations appreciated.

Sunday Morning Group Meditation with Susan Weir and other Teachers • Sundays, 10-11:30 a.m. • Sunday morning sitting (insight meditation) from 10-11 a.m., followed by mindful sharing. Donations appreciated.

Meditation: Day of Practice Fundraiser with Carol Blotter • Oct. 18 and Nov. 22, 9-4:30 at Michigan Friends Center • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions on insight meditation, sitting and walking meditation, a dharma talk, and optional private interviews with a teacher. $30 suggested donation for the day. All proceeds benefit Michigan Friends Center and Deep Spring Center. Call 475-0942.

Days of Meditation: Instruction and Practice - Traditional Weekend Fundraiser for Deep Spring with David Lawson and Peg Tappe • Sept. 19-20, 9-4:30 at Michigan Friends Center • Refresh your practice at any level. Each day provides opportunity to learn and practice insight meditation in a supportive environment with instruction, sitting and walking meditation, a talk, and time for questions. $30 per day suggested donation. Come for one or both days. Call 475-0942.

Advanced Practices Retreat for Experienced Meditators with Barbara Brodsky, John Orr, and Aaron • Oct. 23-25 at Howell Nature Center • This retreat is for experienced meditators who have taken at least two DSC classes or attended one residential retreat. For others, permission is required to attend. $165 includes lodging at the Center. Estimated $20 out of pocket expense. Meal responsibilities will be shared. Early registration discount offered. Call 475-0942.

Atlantean Crystal Healing and Meditation Night with Christine Fodor, Judy Shepard, and Penni Helsene at Lighthouse Center • Sept. 9, Oct. 14, Nov. 11, Dec. 9; 7-9 p.m. • A night to clear, heal, and regenerate, including guided meditation into silence with energy healing. $20 suggested donation. Call Judy at 810-599-8855, judy@amiracletoday.com.

Grace Light Meditation with Bilva • Sept. 6, Oct. 4, Nov. 1; 4-7 p.m. • Full Moon celebration and grace light meditation with dvd presentations of Sri Dattatreya Siva Baba. Nondenominational and open to all. $15 donation. Call 663-6151, lindapeck@sbcglobal.net.

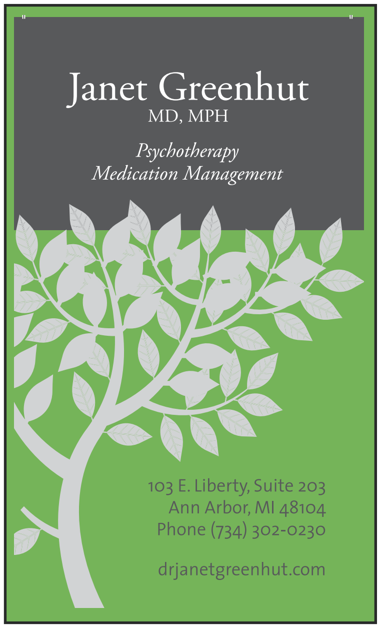
Meditation Foundation Class at Self Realization Meditation Healing Centre • Nov. 28, 10-Noon • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, Meditation Foundation training, which includes the meditative peace breath, helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. Stay the night before or after and make it a retreat! $40 includes refreshments. Call 517-641-6201, selfrealizationcentremichigan.org.

Full Moon Meditation with Foundation for Global Harmony • Oct. 4, Nov. 2, Dec. 2; 7 p.m. • Inspired by H.H. Gayuna Cealo, this meditation is dedicated to compassion and the realization of our true self. Free. Call Rory at 904-5904, cealo.net.

Tibetan Meditation Practice with Jewel Heart • Buddhist teachings with Jewel Heart listed under "Buddhism" section. For complete information, call 994-3387, jewelheart.org.

Meditation Sessions • Sept. 13, 20, 27, Oct. 4, 11, 18, Nov. 1, 8, 22, 29, Dec. 6, 13, 20, 27; 8:45-9:45 a.m. • Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Free with donations welcome.

White Tara Meditation Sessions • Sept. 20, 27, Oct. 4, 11, 18, Nov. 8, 22, 29, Dec. 6, 13, 20, 27; 11:30 a.m.-12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome.


Janet Greenhut
MD, MPH
Psychotherapy
Medication Management
103 E. Liberty, Suite 203
Ann Arbor, MI 48104
Phone (734) 302-0230
drjanetgreenhut.com

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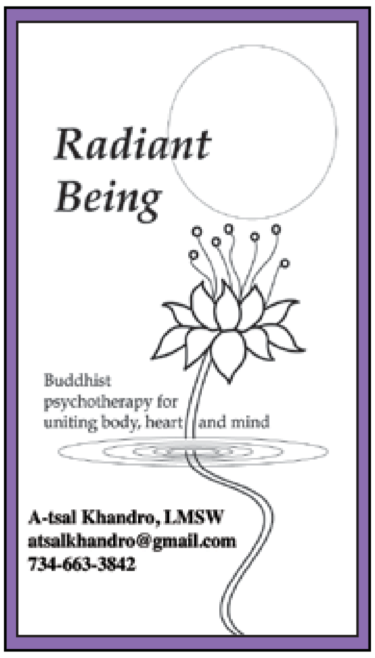
Sponsor and Senior Faculty
Flowering Tree Lodge
P.O. Box 1952
Royal Oak, MI 48068
Phone: (248) 414-5376
ftreelodge@aol.com
www.ftreelodge.net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The Crazy Wisdom Calendar

Meditation (continued)

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Intensive Meditation with Lighthouse Center • First and third Friday of each month, 7-10 p.m. • Mantra meditation, twenty minutes on each of the seven chakra centers. No cost. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Learn to Meditate with Nirmala Nancy Hanke with Lighthouse Center • Sept. 25, Oct. 30, Nov. 27 • Introduction to mantra meditation in the Jain tradition, with meditation and empowerment. $35 or $25 for students. For times, call Prachi at 734-449-4381, thielp17@yahoo.com.

Music & Sound

Heartbeat by Gussy Up Your Spirit with Pat Hergenroether of Weber Center • Oct. 14, 9-1 p.m. • Heartbeat can be an essential part of your life's journey. Prayerful and reflective, this event promises to transform your spirit through music, innovative presentations, conversations, and creative expression. Consider allowing the 'heartbeat' of God to stir the spirit and touch the sacred within. $30. Call 517-266-4000, webercenter@adriandominicans.org.

Blue Tears in Concert at Creative 360 • Oct. 23, 7-10 p.m. • B.B. Winslow and his band perform blues, rock, and country. $8. Call Colleen at 989-837-1885, creed@becreative360.org.

Cafe 704 Concerts at Interfaith Center • 8 p.m. • Cafe 704 is a smoke- and alcohol-free venue with free parking. Donations accepted. Call Dave at 327-0270, interfaithspirit.org.
Laura Massaro, Craig Brann, and Bill O'Connor • Sept. 26
Halloween Concert: Synchronicity with Gary Logan and Shekinah Errington Oct. 31
John Latini • Nov. 14
Billy King • Dec. 12

Naturopathy

Natural Health Care: A Sustainable Model with Mary Light and Aurore Adamiewicz • Oct. 3, 11-7 and Oct. 4, 9-7 • Experiential and hands-on weekend workshop exploring aspects of naturopathic practice, history, and healing philosophy through the work of major naturopaths. $395. Call 769-7794, naturopathiccollegeofannarbor.net.

Beyond Natural Cures: Healing Autism with Aurore Adamiewicz • Nov. 7, 11 a.m. • Aurore will discuss how she healed her own son and others of this tragic and misunderstood disorder. Free. Call 248-444-6627, beyondnaturalmedicine.com.

Naturopathy Workshops with Nicole Paquin at Indigo Forest • 6:30-8 p.m. • $30 per person or $50 for two. Call 994-8010, beth@visitindigo.com.
The Natural First Aid Kit and How to Use It: The Basics, Class 1 • Oct. 6 or Nov. 10 • This popular class introduces the basics of first aid with an all-natural kit including homeopathics, essential oils, herbs, and more. Increase your confidence and ability after learning how to use the kit your design especially for your family.
Vaccines 1: Informed Choice • Oct. 13 or Nov. 17 • Few topics are more controversial and challenging to parents than vaccinations. Join us to debunk some of the confusion and myths, such as the difference between vaccination and immunization, what Michigan law really requires, how serious and prevalent the childhood illnesses are, how the vaccine schedule is changing in the U.S., how we compare to other industrialized nations, what is the full range of choice, and how effective the vaccinations are.
Vaccines 2: Supporting the Immune System Naturally • Oct. 20 or Dec. 8 • Whether you chose to vaccinate or not, many parents wonder how to naturally support their children's immune systems. This class offers a good introduction to natural therapies such as essential oils, herbs, homeopathics, and minerals. There are numerous natural modalities that you can use to support your children both in preventative and acute situations, regarding many communicable childhood illnesses.
Let Me Feel Your Forehead • Oct. 27 or Dec. 15 • Have a child with a cough, cold, fever or flu? Would you like to learn about safe, natural remedies that can effectively ease your child's ailments (and yours)? This class empowers you to approach your child's next illness with confidence in their ability to heal and your ability to support them naturally in their healing process.

Nutrition & Food Medicine

Nutrition Series at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 each evening. Free. For registration and information, call Kevin Sharp at 994-4589, peoplesfood.coop.

Wasentha Young is the founder and director of the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung, with over 39 years of experience in her field.

Clearing Up the Confusion: Myths, Misconceptions, and Misinformation with Ellen Livingston and Don Bennett • Sept. 3 • Separate fact from fiction and learn the truth about a healthy diet and lifestyle in this lecture and demonstration of Simple 'n Healthy Raw Cuisine, with sampling and take-home recipe handouts.
How to Have the Best Odds of Avoiding Degenerative Disease with Ellen Livingston and Don Bennett • Oct. 1 • Join us for a lecture and food demonstration, including sampling and take-home recipes.
Allergies: Holistic Strategies with Gaia Kile • Oct. 8 • Food allergies and sensitivities often contribute to health problems, but can easily be overlooked by your health care provider. We will look at several ways you can be sensitive to foods, how to recognize symptoms (intestinal upset, respiratory problems, joint pain), strategies for identifying problem-causing foods, and options if you are allergic or sensitive.
Sail through the Holiday Season Healthfully with Ellen Livingston and Don Bennett • Nov. 5 • Learn how to shift your cravings from things that harm you to things that promote vibrant health in this lecture and food demonstration of raw foods. Includes samples and recipes.
How to Stay Warm when It Isn't with Ellen Livingston and Don Bennett • Dec. 3 • You can create health with raw foods even in winter. We'll show you how in this demonstration of raw cuisine, including sampling and recipes.

The Hunger Within with Marilyn Migliore • Sept. 14-Nov. 30 and Sept. 17-Dec. 10 • Concrete, step-by-step, twelve-week program takes the focus off food, explores core reasons for overeating, and breaks the vicious cycle of emotional eating. $325. For days and times, call Ronda at 998-5679, med.umich.edu/cvc/health/classes_hungerwithin.

Emotional Eating: The Food and Mood Connection at SJM Ypsilanti Women's Health Center • Sept. 26, 10-11:30 a.m. or Nov. 18, 6:30-8 p.m. • We will learn to increase our awareness of the ways overeating can become an unhealthy coping style in dealing with emotional stresses, and how to develop healthier strategies to channel our emotions. $30. Call 712-5800, sjmercyhealth.org.

Raw Food and Natural Health Lectures with Don Bennett and Ellen Livingston • For more information, call 645-3217, becomehealthier.org.

Living Vibrantly: 16-Hour, Multi-Week Seminar • Series 1: Oct. 3, 10, 17, 24 or Series 2: Nov. 14, 21, Dec. 5, 12; 9:30 a.m.-1:30 p.m. • Learn how to cause vibrant health, and the true cause of all disease. Learn how to eat for effortless digestion and maximum energy. Say goodbye to uncomfortable symptoms forever! Format includes lectures, discussion, video, raw cuisine demonstrations, delicious snacks, and home assignments. $297 includes books and food.

The Basic Science of Health and Raw Food - Healthy Fast Food: Two Workshops • Oct. 25 and Nov. 1, 1-5 p.m. at Whole Foods • Format includes lectures with video and raw cuisine food demonstrations and sampling. Learn the facts you need to know to create vibrant health and avoid degenerative disease. Handouts included. $59.

Natural Health Lectures with Raw Food Demonstrations • Sept. 10, Oct. 15, Nov. 19, Dec. 17 at Arbor Farms; 6:30-8 p.m. • Learn how a natural diet of fresh, raw foods can bring you into balance and allow your body to heal itself. This monthly event includes lecture with video and demonstration and tasting of raw food. A different topic each night. $10.

Natural Health Lectures with Raw Food Demonstrations • Sept. 22, Oct. 20, Nov. 17 at Zerbos; 6-7:30 p.m. • See above description. Free.

Raw Food Potlucks • Oct. 18, Nov. 15 • Open to all who are interested in learning about the many benefits of a raw, vegan diet and lifestyle. Come join our growing healthy community and get the support you need. Bring a raw, vegan dish to share. Free. Call for times.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Sept. 8, Oct. 13, Nov. 10, Dec. 8; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.50 for a pot of tea with free refills. For more information, please contact info@crazywisdom.net.

Parenting

Boot Camp for Dads/Survival Skills for New Moms at SJM Hospitals • Ypsilanti: Sept. 19, Oct. 10, Nov. 7, Dec. 5; 9-Noon; Canton: Oct. 24, Nov. 21; 9-Noon • Designed for first time fathers of all ages! You'll learn practical information on parenthood, baby care, becoming a family, and supporting the new mom. Hands-on experience in holding and comforting a baby with the help of 'veteran' dads who bring their babies to class. This class is an all-male class and is held simultaneously with the New Moms class. $25. Call 712-5800, sjmercyhealth.org.

Sex Education 101 through SJM Hospitals • Canton: Sept. 28, 6:30-8:30 p.m.; Plymouth: Nov. 4, 6:30-8:30 p.m.; Saline: Nov. 19, 6:30-8:30 p.m. • For adults only, this class is designed to empower parents with information, resources, and tools to give their child age-appropriate 'sex education' information from infancy through the teenage years. It provides parents with tools to open up conversations with their children and stresses the need for starting conversations early. It is for parents with children of any age and both parents are encouraged to attend. We will understand how and why sex education begins early, learn key concepts to address at each age, hear great conversation starters, get tips for the 'big talk', and take home a thorough resource list. This special program is free. Call 712-5800 or 734-453-0750 (Plymouth), sjmercyhealth.org.

Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up with SJM Hospitals • Canton: Oct. 18, 1-4 p.m. • Provides both mother and daughters ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for one mom and daughter. $10 for each additional daughter or grandmother. Call 712-5800, sjmercyhealth.org.

Happiest Baby on the Block at SJM Hospitals • Ypsilanti: Oct. 14, Nov. 11, Dec. 9; 6:30-8:30 p.m. • Sleepless nights, crying baby, parent stress. Learn an extraordinary approach to calm your baby in this class. New parents will learn step-by-step how to help babies sleep longer and how to soothe even the fussiest infant in minutes! $30 per couple includes dvd and cd. Call 712-5800, sjmercyhealth.org.

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel of Center for the Childbearing Year • Eight Mondays, ongoing, 10-11:30 a.m. • This group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby-wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. Eight-week class repeats consecutively and can be joined at any point in the series for moms and babies up to six months. $60. Call 663-1523, patty@center4cby.com.

The Breastfeeding Cafe with Barbara Robertson of Center for the Childbearing Year • Fridays, ongoing, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies! This free, drop-in group focuses on supporting the new breastfeeding pair. We will provide a combination of a nurturing environment and accurate, current information. Time is set aside to address each individual mother's concern. Moms and babies can come for as many weeks as they need. Please bring your baby and your breastfeeding questions. Free. Call 663-1523, patty@center4cby.com.

The Crazy Wisdom Calendar will be

posted online starting September 7, 2009,

at crazywisdom.net.

Roughhousing 101: Stuntwork for Daddies with Christopher Barbeau • Nov. 15, 2-3:15 p.m. • Would you like to spend a few hours with a professional stuntman and safety expert learning how to have fun with your child without the wrestling match ending in tears or injury, and how to enhance your child's development while reducing mom's anxiety about your roughhousing? Come with your two- to five-year-old child prepared to play at tumbling, tossing, and falling while being confident that the techniques used are appropriate to any child's personality and developmental stage. Socks required. One adult per child. $35 per child and dad. Call Indigo Forest at 994-8010, beth@visitindigo.com.

Peace

Creating a World that Works for All with One Peace • Sept. 19, 1-4 p.m. • Celebrating United Nations International Day of Peace, the program features author and speaker Dr. Sharif Abdullah, plus insightful meditations, poet Willowbei Eversole, local musicians, and more. Participants are invited to wear logo-free white clothing, representing the oneness that we share as humanity. Donations appreciated. Call Colleen at 425-0079, onepeace.us.

Justice, Peace, and Reconciliation in South Africa: Perspectives from an Anti-Apartheid Activist with Keith Gottschalk • Oct. 24, 1:30-4:30 p.m. • Professor Gottschalk will share his perspectives on the battle against apartheid and South Africa's struggle to achieve justice and political reconciliation since the 1990s. $20 or as able. Call Michigan Friends Center at 475-1892, michiganfriendscenter.org.

24-Hour Peace Generator Drop-In Meditation Circle with Interfaith Center • Sept. 18 at 6 p.m. through Sept. 19 at 6 p.m. • A peaceful planet starts from within. Join in silent prayer or focused meditation on inner/outer healing, love, harmony, peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in anytime during the 24-hour period to keep this continuous silent prayer/meditation going. Refreshments provided. Free with donations accepted. Call Craig at 971-8576, interfaithspirit.org.

Peace Generator Silent Meditation Circle with Interfaith Center • Oct. 16, Nov. 20, Dec. 18; 7-9 p.m. • A peaceful planet starts from within. Join in silent prayer or focused meditation on inner/outer healing, love, harmony, peace, understanding, cooperation, and joy for your family, the world, and for yourself. Free with donations accepted. Call Craig at 971-8576, interfaithspirit.org.

Personal Growth

Soul Essence Evolving: A Systemic Constellation Approach with Deb Foggio and Jane McLaren • Sept. 19, 4-7:30 p.m.; Oct. 24, 10:30 a.m.-2 p.m.; Nov. 14, 10:30 a.m.-2 p.m. at Crazy Wisdom Community Room • This is systemic constellation work that reveals how you are creating your life through your four essences: spiritual, mental, emotional, and physical. It is healing work to help you transcend challenges while allowing healing through the wisdom and grace of universal energy. On Oct. 24th, we will focus on family relationships. On Nov. 14th, we will focus on illness and the soul. $25. Call Jane at 248-345-3890 or Deb at 248-702-7064, integrativewellbeing.com.

Creating Co-Powerment Workshops: Empowering Self and Co-Powering Others with Lani Kwon Meilgaard • Oct. 24, 1-4 p.m. at Peaceful Dragon School or Nov. 22, 1-4 p.m. at Crazy Wisdom Community Room • Going through transition? Graduation, career change, moving, recovery, retirement, etc.? Transform your life in an empowering and fun small group workshop that serves and supports you in setting your intention, visualizing your priorities and goals, and creating a better future! Love offerings accepted. Call 973-1283.

Introduction to the Sedona Method with Lorri Coburn • Oct. 28, 6:30-9 p.m. at Crazy Wisdom Community Room • The Sedona Method is a quick and easy way to release negative emotions. In this introduction, you'll learn the basics to begin releasing on your own. $10. Call 734-646-6585, lorricassie@sbcglobal.net.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: Nov. 10, Noon-1:30; Part 2: Nov. 17, Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 each. Contact melaniefuscaldo.com.

The Tao of Abundance with Andrew Taylor • Eight Wednesdays, Nov. 4-Dec. 23; 7:30-9:30 p.m. • Based on the book by Laurence Boldt, this class will apply ancient wisdom to modern life by presenting eight guiding principles from Taoist philosophy that are geared to help you make the practical changes that will enable you to enjoy new levels of abundance. $160. Call 669-4262 or 904-5681, drewman42@yahoo.com.

The Everything Success Book with Andrew Taylor • Eight Sundays, Nov. 1-Dec. 20; 7-9 p.m. • Based on the book by Joseph and Nicholas Nigro, this workshop will help you balance all areas of your life, discover a positive perspective, persevere during difficult times, keep focused on long-term goals, build positive relationships, develop a strong sense of self-awareness, and find fulfilling freedom. $160. Call 669-4262 or 904-5681, drewman42@yahoo.com.

The Crazy Wisdom Calendar

Personal Growth (continued)

Everyday Enlightenment with Andrew Taylor • Eight Wednesdays, Sept. 9-Oct. 28; 7:30-9:30 p.m. • Based on the book by Dan Millman, this workshop will be your map, compass, and inspirational vehicle as you traverse the path to personal growth, which leads upward through the gauntlet of human experience, up to the peaks of your highest potential, and finally finishes at your best self's sensational summit. On this journey, you will encounter twelve gateways. $160. Call 669-4262 or 904-5681, drewman42@yahoo.com.

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Sept. 9, 16, 23, 30, Oct. 14; 7-9:30 p.m. • The prophecies of the ancient Americas speak about a new human appearing on the planet - one who lives free of fear and resides in his or her transcendent nature. The Munay-Ki are the codes for the new human and are delivered in the form of energetic transmissions. They come to us from the Inca shamen of Peru and are the nine gates that heal us and transform our human energy field into that of homo luminous. $40 per session/$200 total. Call 428-8748, starlab6@aol.com.

Flower of Life Workshop: 2000+ with Lorna Brown • Sept. 13 and 20, 9-5 each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 428-8748, starlab6@aol.com.

> Walking with a friend in the dark is better than walking alone in the light.
>
> \- Helen Keller

Michigan Enneagram Center Study Group with Ronda Pretzlaff Diegel and JoAnn Weber • Sept. 16, Oct. 21, Nov. 21, Dec. 16; 7-9 p.m. • The Enneagram is a psychological/spiritual system that describes nine distinct personality types. Each Enneagram study group includes community sharing, meditation and, in the narrative tradition, a panel interview where panelists illuminate the nature of their type by sharing their experience and perceptions. A different Enneagram type is featured each month. $10 per meeting. Call 248-730-0597, rmdiegel@earthlink.net.

Soul Essence Evolving: A Systemic Constellations Approach with Deb Foggio and Jane McLaren • Second and Fourth Friday of Every Month, 7-10 p.m. • This is constellation work that uses the wisdom of the knowing field to reveal how your soul is creating your life. You will be moved and touched by how this work shows you the inner working of your mind, body, and spirit. $25. Call 248-702-7064, integrativewellbeing.com.

The Rabbit Hole Circle Group with Nina Howard • Sept. 26, Oct. 24, Nov. 21 • Our mission is to help people in our community examine the new realities in life that are unfolding. These realities include many hidden agendas - economic, political, and medical. As we uncover the truth together, we can navigate safely and plan wisely for the ensuing transformative years. No charge. For times, call 327-1000, bellaninadayspa.com.

A Year to Live: Making Friends with Our Fears of Death with Mary Grannan and David Lawson of Deep Spring Center • Four Saturdays, Sept. 26-Dec. 12; 10-Noon • It's possible to learn to befriend our fears of death and, in so doing, learn to live with greater joy and presence in our lives. This is a year-long workshop based loosely on the work of Stephen Levine. We'll explore a variety of approaches to looking directly at our fears of death, including meditation practices that provide insight and healing as well as specially-designed field visits. $49 to Ann Arbor Public Schools Rec & Ed. Call 477-5848, info@deepspring.org.

Introduction to Pathwork • Sept. 15 with Tess Kirby and Nov. 17 with Judy Hallas, 6:30-8:30 • Pathwork is a spiritual journey of personal transformation based on a collection of teachings known as the Guide lectures. This overview will cover principles, aims, and processes of Pathwork as well as outline tools, resources, and support available. $25. Call 747-8864, tesspath@gmail.com.

Pathwork Lecture Study Series with Tess Kirby and Judy Hallas • Sept. 29, Oct. 6, 13, 20, 27, Nov. 3; 6:30-8:30 p.m. • Pathwork is a spiritual journey of personal transformation based on a collection of 258 teachings known as the Guide lectures. This series will explore six lectures, one per session, that address some of the basic principles of Pathwork. $125 for the series. Call 747-8864, tesspath@gmail.com.

Fear to Faith Workshop with Erin Fry at Mind Body Spirit Wellness Center • Dec. 12, 9-11 a.m. • Learn how to redirect your energy from problems to strengths. This workshop is a great way to prepare for a new year and a new you. $20. Call 277-4858, erin@chelsearesolution.com.

Past Life Regression Series with Shala Kilmer • Three Mondays starting Sept. 21, 6:30-9:30 • Experience past lives of your choice in vivid detail. $75. Call 248-258-8287, intuitionpath.com.

Sacred Listening with Barbara Boyk Rust • Oct. 25, 10 a.m.-4 p.m. • Guidance in cultivating and amplifying your natural ability to hear the communications that matter in your life. Teachings, practical exercises, guided visualization, chant, and silence will be offered to assist your learning. $75. Call 994-5032, barbara.boykrust@sbcglobal.net.

Life Skills and Relaxation Class at Self Realization Meditation Healing Centre • Sept. 12, 10-11 a.m. • No matter what problems or challenges you face, or how difficult it has been in the past, these fast, easy to use tools can help you! Learn more about the mind/body connection and how to apply these practical energy care tools in your everyday life. $30. Call 517-641-6201, selfrealizationcentremichigan.org.

Getting Off the Merry-Go-Round Workshop at Self Realization Meditation Healing Centre • Nov. 21, 10 a.m.-7 p.m. • For those who could use a break from the busy-ness of life. This small group workshop includes receiving natural spiritual healing and home-cooked vegetarian lunch and dinner. The getaway option adds an overnight stay with breakfast, lunch, and yoga the next day. $115 for workshop or $189 with overnight option. Call 517-641-6201, selfrealizationcentremichigan.org.

Healer Development 101 with Eve Wilson • Six Thursdays: Sept. 10-Oct. 15, 7-9:30 p.m. • Intuition, inner wisdom, sacred space and energy boundaries, angels and guides, chakras, purifying water, power animals, intro to Qabalah and aura reading, and self healing tools. $240 pay as you go. Call 248-545-3928, evew@spiritualhealers.com.

Accelerated Healer Development Program with Eve Wilson • 28 classes begin in October, 7-10 p.m. • Legal, international Healer Practitioner Certification. Aura reading, DNA, past life, soul contracts, planetary healing, and more. Meet alternate weeks, one evening, for 13 months. $2,900 pay as you go includes five healings, books, and cds. Early payment discount available. Call 248-545-3928, evew@spiritualhealers.com.

Points of Light: Science of Mind Study Group at Interfaith Center • Wednesdays, 5:30-7 p.m. • Study of the Science of Mind philosophy and principles and their application in daily living, such as affirmation, affirmative prayer, meditation, and visioning. Reading and discussion of materials including the *Science of Mind Magazine* and the work of Ernest Holmes. Free with donations accepted. Call Erin at 277-4858, chelsearesolution.com.

Soul Gestures in Handwriting with Fred Janney • Sept. 17, 7:30 p.m. at Crazy Wisdom Community Room • Handwriting analysis can provide insight into the relationship between self and world. Consciously changing better forms and writing patterns can transform longstanding habit patterns to embrace personal growth and health. By donation. Call 734-878-6575, fbjanney@charter.net.

Polarity

Polarity Therapy and Energy Techniques with Linda Diane Feldt • Oct. 21, 10-11:30 a.m. • This is one of two continuing classes you can take to build on a basic understanding of infant massage, the other being Cranialsacral Therapy for Children. $15-$20 sliding scale. Call Indigo Forest at 994-8010, beth@visitindigo.com.

Prayer

Praying with Body, Mind, and Spirit: A Call to Hope with Janene Ternes • Nov. 7, 10-4 p.m. • In times like these especially, God calls us to a deeper level of confidence than the world can give. Come away for a day of hopeful expectations and deeper connection with God. Basic movements will be taught that can be done with anyone, regardless of experience or physical limitation. $45. Call 429-7754, prayer-in-motion.com or Weber Center at 517-266-4000, webercenter@adriandominicans.org.

Finding Our Focus: Advent Praying with Body, Mind, and Spirit with Janene Ternes • Dec. 5, 9:30-3:30 p.m. • Step away for a day to relax, unwind, listen, and shift your focus to what is really important. Experience the peace and joy that comes from praying with body, mind, spirit, and music of the seasons. Basic movements will be taught. $45. Call 429-7754, prayer-in-motion.com.

Pray All Ways with Janene Ternes, Paul Thompson, and Jim Thomas • Oct. 4, 1-7 p.m. • Come for a peaceful Sunday to sample many different forms of prayer, including meditation, movement prayer, walking the labyrinth, and sung prayer from the Taize tradition. The experience will quiet your soul and focus your heart and mind. $40. Call 429-7754, prayer-in-motion.com.

Professional Enrichment

Colors in the Classroom with Jennifer Flowers • Oct. 15, 6-8:30 p.m. • This class is designed for teachers, educators, and anyone passionate about empowering our children. We will use imagery, body positioning, color, and thought patterns to create desired results within minutes. Experience how applying these concepts can make us physically stronger, assist with (test) anxiety, improve self-esteem, and improve grades. Space is limited. $45. Call 734-416-5200, info@bodyworkshealingcenter.com.

Venture Forward: Turn Your Professional Skills into a Successful Business with Christie Clipper • Sept. 8, Oct. 13, Nov. 10, Dec. 8; 7-8 p.m. • Looking to turn your professional skills into a successful business? Whether you are a health and wellness provider who is considering launching a new business or want more out of your existing business, this seminar will explain how you can venture forward. From initial start-up and strategic planning to personnel development and process improvement, Christie will explain how she can help you take action to get your business where you envision it to be. Free. Call 751-7618, entrepreneursedge-llc.com.

Accelerated Healer Development Program with Eve Wilson • 28 classes begin in October, 7-10 p.m. • Legal, international Healer Practitioner Certification. Aura reading, DNA, past life, soul contracts, planetary healing, and more. Meet alternate weeks, one evening, for 13 months. $2,900 pay as you go includes five healings, books, and cds. Early payment discount available. Call 248-545-3928, evew@spiritualhealers.com.

Reiki

Reiki for Kids with Jennifer Flowers • Oct. 4, 10-4 • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $20 materials fee. Call 734-416-5200, info@bodyworkshealingcenter.com.

Reiki Classes with Jennifer Flowers • Call 734-416-5200, info@bodyworkshealingcenter.com.
Reiki I • Sept. 26-27 or Nov. 7-8, Saturday 4-8 p.m. and Sunday 9-3 p.m. • Learn how to access Universal Life Force energy to healing others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. You will receive an attunement to align with the Reiki energies, learn the history of Reiki, basic hand positions, and practice on yourself and your classmates. $139 plus $15 materials fee.
Reiki II • Oct. 10-11, Saturday 4-8 p.m. and Sunday 9-3 p.m. • Continue your training in how to access Universal Life Force energy. Heal yourself and others. You will receive an attunement in the hands to greatly increase the energetic flow and learn absentee healing as well. $139 plus $15 materials fee.
Reiki III • Sept. 12-13 or Dec. 5-6, Saturday 4-8 p.m. and Sunday 9-3 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $139 plus $15 materials fee.
Reiki Master/Teacher • Oct. 17-18 and Nov. 14-15, 9-5 both days • This class will certify you and give you guidelines on teaching all levels of the Usui system of Reiki. You will learn to give attunements. Additional symbols and methods will be taught. In this 32-hour course, you will have the opportunity to experience them and have a Reiki exchange. $675 with manuals included.
Reiki Share • Second Tuesday of the month, 6:30-8 p.m. • This is a unique offering where those who have been attuned to any level of Reiki can come and enjoy giving and receiving this healing energy. It is also a great opportunity to ask questions and enhance skills. Love donation.

Reiki Levels I and II: Energy Balancing for Yourself and Others with Ann Zalek • Sept. 14-15 or Nov. 16-17, 10-4 each day • Taking care of yourself and others is the focus of this two-part class series. As an individual providing direct care to others (in family or professional environments), keeping rejuvenated and grounded each day is challenging. Attendees learn Reiki Level I self-healing techniques, methods to help others, tips for application in the care provider setting, and will receive the Reiki I attunement. Reiki II is for those who wish to expand their skills. $250 includes snacks, manuals, and handouts. Bring a dish to pass for a potluck vegetarian lunch. Call 332-3800, theracaremassagetherapy.com.

Reiki Classes with Suzy Wienckowski • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The first degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four initiations. The second level of training includes the use of the three sacred Reiki symbols to focus and intensify the energy, and to send Reiki at a distance. Certificates awarded. Call 665-8665, suzyreiki@aol.com.
First Degree Class • Sept. 11-13 or Nov. 6-8: Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30 a.m.-12:30 p.m. • $150.
Second Degree Class • Oct. 23-24: Friday 7-9 p.m., Saturday 9:30-4 • $500.
Curious About Reiki? • Oct. 21, 7-9 p.m. • Free introductory talk with free mini-treatments offered.

Reiki I Attunement with Interdimensional Consciousness Training with LaRene Dell • Sept. 22, 10 a.m.-2 p.m. • Reiki is a special healing method for self and others. This attunement helps you to reach interdimensional and love-filled consciousness in ICT, an easy, transformative meditation method. $40-$100 sliding scale. Call 945-5767, laughinghawk11@yahoo.com.

Reiki Classes with Ray Golden of Center for Intuitive Health • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, causal, and spiritual. Class sizes limited. Cost includes certificate and manual. Early registration discounts available. Call 663-9724, intuitivehealth@aol.com.
First Level Reiki Workshops • Oct. 3-4 or Dec. 5-6, Saturday 7-9 p.m. and Sunday 10-6 • The student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing, and self-healing techniques. $125.
Second Level Reiki Workshops • Nov. 7, 6-10 p.m. and Nov. 8, 10-6 • Traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. $230.
Free Reiki Introduction and Healing Night • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free.

Retreats

Serenity Retreat for Women with Cora "Tommie" Dayton and Rose Celeste O'Connell at Weber Center • Oct. 1 at 7:30 p.m. through Oct. 4 at 1 p.m. • Sharing our experience, strength, and hope through the Twelve Steps of AA. $300 single, $225 double. Call 517-266-4000, webercenter@adriandominicans.org.

Sisters of the Soul Moon Lodge Retreat: Understand and Heal the Father-Daughter Bond with Deb Foggio and Jane McLaren • Dec. 11-13 • Create new universal prosperity and possibilities through deepening the understanding and healing of the father-daughter bond. $275 includes lodging and meals. Call 248-702-7064; integrativewellbeing.com.

Vibrant Living Weekend Retreat with Don Bennett and Ellen Livingston • Sept. 18-20 in Howell • Discover how to create vibrant health and how to have the best odds of avoiding degenerative disease. Learn how to reach and maintain your natural weight, the facts about a raw food diet, and how to do it successfully. Explore what doctors and health experts don't know and how to thrive! $197 two days or $297 three days, includes books and meals. Call 645-3217, becomehealthier.org.

Seven Day Retreat with John Friedlander in Cincinnati, Ohio • October • Deep sustained meditation and training, spending one day on each of the seven major chakras from a clairvoyant, technical, sophisticated perspective. Prerequisite: Foundation Level I. Cost is variable depending on length of participation. For dates and details, contact Gloria at hemsherglo1@yahoo.com, psychicdevelopment.cc.

Heal Your Spirit Retreat with Karlta Zarley on Beaver Island • Oct. 8 at 5:30 p.m. through Oct. 11 at 1 p.m. • This has been a very challenging year for many of us. This retreat is an opportunity to make time for yourself and heal your deepest core. Free massage available for each participant. We will be staying in a beach house on Lake Michigan. $620 includes food, lodging, and program. Call 433-9333, karltazarley.com.

Jewel Heart Labor Day Weekend Retreat: Ganden Lhagyema - Hundred Deities of the Land of Joy with Gelek Rimpoche • Sept. 4-7 • Enriching our inner development and deepening our connection with enlightened beings, this is a meditational practice from the Tibetan Buddhist tradition. Gelek Rimpoche will teach this practice along with specific visualization practices and mantras. $275 or $200 members. Call Debbie at 994-3387, ext. 223, registration@jewelheart.org.

Women's Weekend Getaway with Creative 360 • Oct. 9-11 • Relax in Au Gres in a private home 50 feet from Lake Huron shore. Hike the beach, read, write, sketch, nap, and whatever restores you. The only scheduled activities are meals. $140 with meals provided. Call Colleen at 989-837-1885, creed@becreative360.org.

Fall Colors Weekend Yoga Retreat with Christy DeBurton • Oct. 9-11 • Join us as we retreat in the natural splendor of Song of the Morning Yoga Retreat Center in Vanderbilt. We spend the weekend deepening our yoga practice, sharing delicious vegetarian meals, and enjoying the beautiful fall colors of Northern Michigan. $205 includes yoga, meals, and accomodations. Call 761-8409, christydeburton.com.

Retreats at Song of the Morning Yoga Retreat Center in Vanderbilt, Michigan • For complete information, call Matt at 989-983-4107, goldenlotus.org.
Energetic Well Being with Melodie Joy and Chuck Hoover • Sept. 11-13 • An experiential introduction to tai chi, qigong, reiki, quantum touch, breathwork, meditation, and Native American teachings. $100.
Yoga, Hiking, and Tai Chi with Dave Dixson and Patty Sutherland • Sept. 11-13 • $50.
Fall Mindfulness Retreat with Sam Ewalt • Sept. 18-20 • Three days of mindfulness in the tradition of Thich Nhat Hahn. Free.
Esoteric Healing Level 1 Certification with Barbara Briner • Oct. 1-4 • Esoteric Healing is the science of healing through the energy field utilizing spiritual healing principles. $500.
Chakra Activation and Balance through Nada Yoga (Yoga of Sound) with Mark Handler • Oct. 9-11 • We will use antique Tibetan singing bowls, throat singing, mantra, Amrit yoga, and Peruvian whistling vessels to activate and balance prana (life force) through our nadis and chakras. $88.

The Crazy Wisdom Calendar

Retreats (continued)

Trigger Point Healing with Acupressure with Robert Lewanski • Oct. 9-11 • Trigger Point Acupressure Therapy is a form of chi energy self-massage and pressure point therapy that combines chi yoga techniques to revive and regenerate the body. $75.
Yoga, Hiking, and Dynamic Health with Patty Sutherland • Oct. 23-25 • $50.
Shamanic Tools for Transformation with John Effland • Oct. 29-Nov. 1 • We will safely explore the shaman's cosmology (map) as it relates to our personal transformation, the journey of the soul. $150.

Retreats at Self Realization Meditation Healing Centre in Bath, Michigan • The Centre has a meditation room, home-cooked vegetarian food, quiet sitting areas, comfortable accommodation, and a large wooded area for walks nearby. Cost includes meals and lodging. For complete information, call 517-641-6201, selfrealizationcentremichigan.org.
Pure Meditation Course including Raja-Kriya Yoga • Sept. 13-19, 9:45-5 M-F • Find the peace that passes all understanding with pure meditation. $495 with lunches and refreshments or $765 with lodging and all meals.
Peace and Quiet Weekend • Nov. 28-29 • Spend some time in the peace and quiet, with lots of free time and a silent Sunday morning. $65.50.
Christmas Celebration Silent Retreat • Dec. 24 before dinner through Dec. 27 after breakfast • A truly spiritual way to celebrate the inner beauty of Christmas. Following a talking dinner, this retreat will be held in silence. $175.
New Year's Gathering • Dec. 30 before dinner through Jan. 1 after breakfast • With opportunities for quiet time, meditation, introspection, and sharing, this retreat will help you assess and evaluate your experience of the year that has passed, of how you've been affected, grown, and progressed, and help you prepare for the year to come. $150.

Shamanism

7th Annual Shamanism Apprenticeship Program Path of the Open Heart Level I with Kate Durda of Spirit Weavers • Program will meet Five Saturdays January through April 2010 with early registration in December 2009 • Path of the Open Heart: ritual, ceremony, and working with power. Open to all those who have taken intro to shamanism with us or equivalent training with others. Safe, supportive group, intensive training and experience in shamanism, journeying, and healing work. For details on cost and application, call 517-543-6754, spiritweavers.net.

Shaman as Hollow Bone: Moving Through and Beyond Self Level II with Kate Durda of Spirit Weavers • Four Saturdays October-December • Second of two progressive training programs in shamanic practice. Open to all those who have taken Apprenticeship I. Involves working with our shadow side and our light, healing ourself so that we can be free to be who we were meant to be. For cost and details, call 517-543-6754, spiritweavers.net.

Shamanism: Introduction to the Shamanic Journey with Kate Durda of Spirit Weavers • Sept. 19, Noon-5 near Lansing • Experiential training in the shamanic journey and introduction to shamanic healing methods and practice. A remarkable method to enter into the world of the spirit to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. $60. Call 517-543-6754, spiritweavers.net.

Shamanic Journey with James LeBoeuf • Mondays, 7:30 p.m. • Trance-journey to distant realms of the spirit for healing, divination, transformation, and more. Free and open to all. Call 734-308-6020, leboeufjames@att.net.

Introduction to Journeying with Connie Lee Eiland • Sept. 19, 10 a.m.-5 p.m. • During this introduction, you will learn to journey to meet your power animal, find a power animal for a partner, and journey to meet your spirit teacher. Includes drumming and rattling. Four to six journeys. $70. Contact shewolfshaman.com.

Singing & Songwriting

New Moon Sing with Tammy Corwin-Renner • On the New Moon: Sept. 17, Oct. 18, Nov. 16, Dec. 16; 6:30-7:30 p.m. • A sing for girls 8 to 18 years of age and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. By donation. Call 786-3991.

Threshold Choir of Ann Arbor with Tammy Corwin-Renner • First and Third Tuesdays of most months: Sept. 1, 15, 29, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15; 12:30-2:30 p.m. • We honor the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. All women are welcome to visit and sing! By donation. We currently do not have childcare. Call 786-3991.

Joy Song: Chants and Dance to Uplift the Soul with Melanie Fuscaldo and David Winfree • Oct. 17 and 24, Noon-1:30 • Enjoy short songs, easy movements, and meditation to playfully bypass the ego and touch the heart and soul. Appropriate for all skill levels. Learn practical strategies to decrease stress and connect with others heart to heart. Increase spiritual growth and discover inner guidance for answers to life questions. $30 per session. Contact melaniefuscaldo.com.

Songwriting Workshop with Dan Vaillancourt at Creative 360 • Dec. 6, 2-4 p.m. • Open to anyone aged 16 and up, from beginning to experienced songwriters. Dan will present several methods and techniques of songwriting and each participant will write a song. $28. Call Colleen at 989-837-1885, creed@becreative360.org.

Spiritual Development

Understanding A Course in Miracles with Lorri Coburn • Sept. 26, 10:30-5 at Crazy Wisdom Community Room • *A Course in Miracles* teaches enlightenment now, not in some future lifetime. In this class, you'll learn the fundamentals of the course so you can see if it's for you. $45. Call 734-646-6585, lorricassie@sbcglobal.net.

A Course in Miracles Workbook Study Group with Lorri Coburn • Thursdays, Noon-1:30 • We study seven lessons per week, with a focus on the Course's non-dualistic teachings. Free. Call 734-646-6585, lorricassie@sbcglobal.net.

Spirit Circle with Layla Ananda through Gateways • Oct. 16, Nov. 20, Dec. 18; Potluck at 6:30 p.m., Support Group at 7:45 • A monthly potluck and support group for people on a spiritual journey. Come to one or the other, or both! Bring your dreams and hopes, issues and challenges. Free with donations accepted. Call 973-0684, layla.ananda@gmail.com.

Spiritual Discovery Group based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing • Discussion and skill building based on the work of Eckhart Tolle. Practice releasing the ego and pain body. Experience silence, spaciousness, and the 'joy body'. Awaken to your inner purpose. $30 per session. For dates and times, contact melaniefuscaldo.com.

The Hidden Gospel: Decoding the Spiritual Message of the Aramaic Jesus with Robert Kropf • Oct. 6, 7-8:30 p.m. • When or if Jesus said anything, he said it in Aramaic, the native language of the Middle East. Jesus' words translated from the Aramaic reveal a spirituality that is all accepting and compassionate - a philosophy that expands the garden of Eden so we are all included and accepted. $10. Call 660-4131, holistic-bodytherapies.com.

Those Feisty Gospel Women! with Kathy Coffey at Weber Center • Oct. 23 at 7:30 p.m. through Oct. 25 at 1 p.m. • Women were there at every juncture of Jesus' life, from his conception to his resurrection. We can re-imagine their lives using an ancient Midrash technique, then we'll make the link to our lives. Come for reflection, surprise, and a new approach to reading the gospels. $325 single, $250 double, $175 commuter. Call 517-266-4000, webercenter@adriandominicans.org.

Let's Talk: Spirituality and Prayer with Martin Iott at Weber Center • Sept. 17, 2-3:30 p.m. or 6:30-8 p.m. • At last year's Synod in Rome, on the Word of God, Pope Benedict XVI stated that he hoped to help Catholics reclaim a Biblical spirituality. This presentation is designed to help us discuss what it means to have a Biblical spirituality and how it relates to our Catholic worship. Free will offering. Call 517-266-4000, webercenter@adriandominicans.org.

A Course in Miracles Discussion Group with Robyn Boone • Tuesdays, 5-6:30 p.m. • A unique self study course that teaches the way to universal love and inner peace by undoing guilt through forgiving others. Participants discuss the text and lessons, emphasizing the oneness with each other and our source. $10. Call 313-971-5732, integrativewellbeing.com.

Higher Consciousness Group with David Winfree of Interfaith Center • Thursdays, 7 p.m. • All invited to join a group discussion and to practice techniques to raise one's consciousness. No meeting Thanksgiving or Christmas Eve. Donations accepted. Call 353-0906, interfaithspirit.org.

A Course in Miracles Study Group at Interfaith Center • Mondays, 6:45-8:15 p.m. • All are invited to join a group reading and discussion of the seminal metaphysical book, *A Course in Miracles*. Includes study materials and text. No meeting Labor Day. Donations accepted. Call Dave at 327-0270, interfaithspirit.org.

Meditation Service with Rev. Annie Kopko at Interfaith Center • Second and Fourth Wednesdays, 7-8 p.m. • Annie leads a brief service including a spiritual reading and sharing, silent meditation, and music. All are welcome and need not be experienced meditators to enjoy. Donations accepted. Call Dave at 327-0270, interfaithspirit.org.

Stress Management

Restoring Balance: Tools for Stress Management with Sandra Finkel • Sept. 9-Oct. 14 or Oct. 19-Nov. 23, 5:30-7 • Learn strategies that increase your resilience and enhance a greater sense of ease and flow. Learn more effective ways to respond to events with greater awareness, calm, and power. Tools include breathing practices, meditation, imagery, EFT, journaling, and more. $118. For days, call 998-5679, med.umich.edu/cvc/health/classes_stress.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Oct. 13, 2-3:30; Part 2: Oct. 20, 2-3:30 • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Contact melaniefuscaldo.com.

Harmony of Energy: Chi-Do with Wasentha Young • Mondays, Oct. 5-26, 5:30-7 p.m. • Chi-Do is a combination of energy work methods to provide general stress maintenance tools. The design consists of Chinese yoga stretches, modified tai chi movements, safe interactive exercises, self-acupressure points, and meditation techniques. Preventative and an aid in self-monitoring, this design will help reduce the risks of accumulative mental, physical, emotional, and interactive stressors. $100. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Sustainability

Energy and Climate Change: Global and Close to Home with Michigan Friends Center in conjunction with the Transition Movement Living Lightly Series • Nov. 7, 8:30-5:30 • A day to look at the challenges and opportunities provided by climate change and peak fossil fuel, and how to identify personal strategies for making a positive contribution to harmonizing our energy needs - personal, household, community, national, and global - with our need for a life-supporting environment. $35-$50 sliding scale; high school students free. Call 475-1892, michiganfriendscenter.org.

Ann Arbor Re-Skilling Festival with Transition Ann Arbor and Rudolf Steiner School of Ann Arbor • Oct. 24, 10 a.m.-4 p.m. at Rudolf Steiner High School • Learn how to can, dry, and preserve local produce; keep backyard chickens; spin; weatherize your home; cure meat or make cheese; sing rounds; tell stories or cook up a local feast for your friends. The Transition Towns concept of re-skilling is about preparing for our low energy future by re-connecting with basic life skills related to what we eat, wear, use, and live in, and building community in the process. Admission is free with materials fees for some sessions. Call 669-9394, transitionannarbor.org.

Tai Chi, Martial Arts & Self Defense

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • Most Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. $5 suggested donation. Call 994-3387, programs@jewelheart.org.

Yin Style Bagua with Scott Berry • Mondays and Thursdays, 6:45-8:45 p.m. and Saturdays, 11:30-1:30 • Classes focus on training, strikes, forms, circle walking, strengthening postures, and applications. $50 per month. Call 846-0661, scott.berry@yinstylebagua-zhang.com.

Beginning Tai Chi, Downtown with Ann Arbor Tai Chi • Mondays, Thursdays, Saturdays; 5:30-6:40 p.m. • Class meets in new studio for instruction in Chen style tai chi for health, strength, serenity, and aesthetic expression. $85 per month. Call Richard Miller at 973-0226, ribrumi@sbcglobal.net.

Healing Warrior: SUN-SHEN - A Course in Energy Meditation with Sang Kim • Oct. 5, Nov. 2, Nov. 30; 7-10 p.m. • We will explore martial arts meditation and healing techniques to bring the whole body into balance and unity, improving physical and mental functions. The lessons that will be taught are not function specific meditation that targets a specific area of interest, but core development meditation which seeks to bring overall balance and benefit. $25 per class. Call Joe at 904-9050, dojokitchen.com.

Healing Warrior: SUN-SHEN Energy Meditation with Sang Kim • Saturdays, 9-Noon • This is an excellent class for people who are looking to explore how to bring energy into the body, to circulate it throughout the body, to open blockages through your body, and how to stregthen your energy. The benefits of practicing this meditation system may include mental clarity, more energy, more discipline, ease and freedom, more grace in movement, ease and comfort in the body, more relaxation, better athletic performance, better metabolism and digestion, more positive emotions, and more. First class free. $50 for four weeks. Call 255-1203, dojokitchen.com.

Healing Warrior: SUN-SHEN Two-person Tai Chi Drills and Freehand with Sang Kim • Saturdays, Noon-2 p.m. • You will learn concepts on how to deal with aggression and violence while being calm and connected. You will learn how these concepts apply by practicing non-choreographed interaction drills that are relaxing, fun, intellectually, and intuitively stimulating. You will experience that the art of fighting does not need to lead to violence, but healing, and how fighting can be a spiritual experience. First class free. $75 for four weeks. Call 255-1203, dojokitchen.com.

Healing Warrior: SUN-SHEN Tai Chi Pushing Hands with Sang Kim • Eight Thursdays: Oct. 8-Dec. 3, 7-8 p.m. • Tai Chi is a traditional Chinese martial art that was developed to stay calm and relaxed at your maximum performance during a fight. In a non-threatening environment, you will learn simple and enjoyable choreographed, two person exercises that increase in challenge at your own pace. These exercises will reveal how to stay relaxed and how to move people twice your own body weight without effort. $95 Ann Arbor residents. Call 255-1203, dojokitchen.com.

Healing Warrior: SUN-SHEN Tai Chi Freehand Pushing Hands with Sang Kim • Eight Thursdays: Oct. 8-Dec. 3, 8:15-9:15 p.m. • In a non-threatening environment, you will learn simple and enjoyable non-choreographed, multiple person Tai Chi drills that mimic different aspects of a fighting situation that increase in challenge at your own pace. These exercises will reveal how to flow with other people without effort. $95 Ann Arbor residents. Call 255-1203, dojokitchen.com.

Tai Chi Chuan Beginner Class with Wasentha Young • Sept. 14-Dec. 17: Mondays and/or Thursdays, 7:15-8:30 p.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques. $180. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Tai Chi at Arts in Motion Dance and Music Studio • Fridays, 1:30-2:30 p.m. • Tai Chi is a specialized form of Qi Gong or Chinese yoga and is an essential part of classical Chinese medicine, which is an ancient medical system based on the Taoist view of a universe where everything is interrelated. $46.40 per month. Call Amanda at 222-6246, artsinmotion.net.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, 6 p.m.; Wednesdays, 6 p.m.; Thursdays, 6 p.m.; Sundays, 4 p.m. • Wu Style Tai Chi Chuan is a soft-style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. Sundays at Jewel Heart. $45 per month/one class per week. $70 per month/two classes per week. Call 248-229-1060, info@wustyle-annarbor.com.

Holistic Martial Arts and Self Defense Open House with Polaris Fellowship of Weapons Study • Sept. 12, 11 a.m.-1 p.m. • Polaris opens our school to those who would like to find out more about our classes, activities, and community. We will include demonstrations of our martial arts styles and self defense activities. Free. Call Heather at 730-1717, polarisfellowship.com.

Holistic Western Martial Arts Classes with Polaris Fellowship of Weapons Study • Starting Sept. 12: Saturdays, 1-3 p.m. and Wednesdays, 7-9 p.m. • Polaris teaches Western weapons styles such as sword, knife, pole arm, and shield. Our classes are centered in a holistic self defense context as part of a belted martial arts program. Students progress through the program at a pace comfortable to their personal learning needs. For cost, call Heather at 730-1717, polarisfellowship.com.

Energy Use in Self Defense Workshop with Polaris Fellowship of Weapons Study • Oct. 15, 7-9 p.m. • This workshop will focus on the ways we can tap our personal energy and that of the world around us to remain safe. Participants will engage in both discussion and practical exercises. Free. Call Heather at 730-1717, polarisfellowship.com.

4th Annual Turkey Burn Workout with Quest Martial Arts • Nov. 28 • Thanksgiving can be a great opportunity to spend time with family and friends. It can also be an opportunity to overindulge in stuffing, gravy, and sweet potato pie. Today is your chance to make up for that third serving. Wear workout clothes and socks. Free. For times, call Nick at 332-1800, quest-martialarts.com.

Breaking Through: Adrenal Stress as Ally Instead of Enemy with Quest Martial Arts • Sept. 26, 4-6 p.m. • The number one factor in self-defense is learning to control the adrenaline fear response that causes people to freeze. Now learn how to make this adrenaline work for you. Experience this fun, fast paced journey into the world of reality self defense. $37. Call Nick at 332-1800, quest-martialarts.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 660-9680.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. $1 per minute. No appointment necessary. Call 368-1780, john-rhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. $1 per minute. No appointment necessary. Call 395-4999, jilliankerry@gmail.com.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 734-222-9160.

Questions for Dave and Pat Krajovic – Transformational Breathwork

I love being in the high vibration energy of the breath and seeing the expression of truth on a person's face. It is something that words seem inadequate to describe.

- Dave Krajovic

I love the power yet gentleness and simplicity of the breath. I love when a person trusts and commits to the process, and their true nature unfolds.

- Pat Krajovic

Bill Zirinsky: *I have heard that the two of you are doing very exciting work, focused on transformational breathwork. In a nutshell, what is transformational breathing?*

Dave and Pat Krajovics: Transformational Breathing is a transformative and self-empowering way to create great change in your life. It uses not just connected breathing, but many other tools like sound healing, personalized affirmations, movement, and others. Many people tell us that words are inadequate to describe the process. It simply needs to be experienced to be understood.

BZ: *Dave, you mentioned to me that you came out of a business background. What were you each doing in your "previous careers" and how did you come to be involved with breathwork?*

Dave Krajovic: My background is in accounting and finance. I am a CPA, have an MBA, and have worked in various management positions. Pat also has an MBA, an MPA, and worked as a director of a domestic violence shelter program, as well as a manager in large, private law firms.

One day, Pat said, "I have had enough. I am not happy with the way life is." That led her on her journey of exploration and it led me to a point of resisting everything she wanted to do. At some level, I knew that if I did not change, we would not be together. Our paths took us to massage school together (it was kind of like date night), advanced training in many healing modalities, shamanic journeys, sweat lodges, warrior weekends and others. Eventually, it led Pat to yoga and through Pat's yoga instructor to Transformational Breathing. Of all we have experienced, nothing had the power to change so much -- in so little time, with so little effort -- as did Transformational Breathing.

BZ: *Pat, what do you love about your work with breath?*

Pat Krajovic: I love the power yet gentleness and simplicity of the breath. I love when a person trusts and commits to the process, and their true nature unfolds. I am privileged to be a witness and facilitator of the unfolding.

BZ: *Dave, what do you love about your work with breath?*

Dave Krajovic: I love being in the high vibration energy of the breath and seeing the expression of truth on a person's face. It is something that words seem inadequate to describe. I am deeply honored to be a part of this process.

BZ: *I see that you have created an organization called the Global Breath Institute, and also that the Institute has a fine website. And you both travel around the country doing Breathwork programs. Very concisely, can you describe to us your vision for the Institute?*

Dave and Pat Krajovic: Our dream is to bring the breath to all people in all corners of the world who wish to reach to a higher level of being. We have experienced the power of a regular breath practice in our own lives. We want to share this gift with

The Crazy Wisdom Calendar

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 22 and Dec. 10, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Babies 18 months and younger free. For information, call 665-2757, lily@crazywisdom.net.

Theater

The Blonde, The Brunette, and the Vengeful Redhead by Robert Hewett through Performance Network Theatre • Sept. 10-Oct. 11 • Everyone has a version of the day a very desperate housewife committed a crime of passion in the shopping mall, but you won't know all the secrets until the final moments. Suzi Regan plays all seven rolls in this funny, twisted murder mystery about love, betrayal, and revenge. $27-$39. Call 663-0696, performancenetwork.org.

Christmas Carol'd by Joseph Zettelmaier and David Wolber, Story by Charles Dickens through Performance Network Theatre • Nov. 19-Dec. 27 • Five actors play over 40 roles in this fast-paced, gleefully inventive new adaptation. A fresh, fun holiday event the whole family can enjoy. $27-$39. Call 663-0696, performancenetwork.org.

William Shakespeare's Pericles with Pigeon Creek Shakespeare Company • Dec. 20, 2-4 p.m. • Pericles features a fairytale plot complete with a 14th century poet as narrator, a lost princess, an evil queen, and a family separated and brought back together. The show includes afterglow and wassail bowl with the actors. $15. Call Creative 360 at 989-837-1885, creed@becreative360.org.

Therapy & Support Groups

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Wednesdays, TBA • Learn and apply concrete strategies for getting a grip on your anxiety - excessive worries, social anxiety, panic or phobias. Apply cognitive-behavorial therapy in a supportive atmosphere. A Michigan Limited License permits practice under the supervision of a Michigan Licensed Psychologist (Nathan Claunch is responsible for this listing). $45 per session. Call 973-3100, lauriekrauth.com.

others. Norman Lear said, "If you could put everyone in a room and breathe them, the world would be a better place." We couldn't agree more.

***BZ:** Tell us about the CD's on Breathwork that you have produced, please.*

Dave and Pat Krajovic: We developed two CD's, *Divine Breath* and *Spiritus Animus*. Each CD takes the breather on a journey of exploration and release. *Divine Breath* is perfect for the beginning breather and for those that want a powerful but less in-depth breath session. It marries a Transformational Breathing (TB) session with a clearing meditation invoking Archangel Raphael.

In contrast, *Spiritus Animus* is a 55-minute breath session, allowing the breather to go deep into the process of TB. It is perfect for new breathers as it guides them in the process, but also for experienced breathers as well.

***BZ:** Can you tell us about two or three books on Transformational Breathwork, or books on the Breath and Breathing, which you highly recommend?*

Pat Krajovic, Judith Kravitz and Dave Krajovic. Judith Kravitz is the author of *Breathe Deep, Laugh Loudly*, a book about Transformational Breathwork.

Dave and Pat Krajovic: There is only one book on Transformational Breathing that we are aware of. It is *Breathe Deep, Laugh Loudly* by Judith Kravitz who is a co-creator of the work. Other books of interest would *be The Presence Process* by Michael Brown, *Conscious Breathing* by Gay Hendricks, and anything by Leonard Orr, who is the creator of Rebirthing, from which Transformational Breathing evolved.

***BZ:** Do you have children? If so, how old are they? And how do each of them respond to, and relate to, your work with breathing?*

Dave and Pat Krajovic: We have five children, 3 boys and 2 girls, ages 42, 40, 39, 23 and 21. We have 4 grandchildren. The three older children have breathed. Our oldest son, who has chronic sinus issues and severe allergies, has said that it was only in a TB session that he first experienced the feeling of a full, satisfying and open breath. The two younger ones have not done full breath sessions. Chris, our 23 year old, is in the Marine Corp. He has served in Iraq twice. Before his first deployment, we taught him what is called "100 Breaths", which is a technique used to restore energy and balance, bring focus, quiet the mind, and open space to the Divine. He wrote to us from Iraq thanking us for the teaching and telling us he used the breath to help control stress. This work is really powerful, even in just 5 minutes of breathing!

Our grandkids are a little easier. We have done mini sessions with them and they are open to the flow of the breath. It's fun working with kids.

***BZ:** And your parents, if any of them are alive and well. What have been their responses to your work, and to how you've changed in doing this work?*

Dave and Pat Krajovic: Our parents are alive. Pat's parents are not as informed about or involved in our work. Dave's parents became very interested when they saw the change in our lives. They learned the techniques and practice TB in their own lives. They are committed to the breath and moved by the insights and awareness they have gleaned from their breathwork. We do TB in the Pittsburgh area regularly, and they are frequent participants at the workshops!

***BZ:** Pat, what outdoor activity in the fall do you most look forward to, in southeastern Michigan?*

Pat Krajovic: I love going to the apple orchard. Last year, some friends joined us to create a truly memorable event. We rented canoes on the Huron River and paddled to the orchard. Now that was a blast! It combined two of my favorites: being on the water with the visit to the orchard. What a day!

***BZ:** Dave, where is your favorite place in southeastern Michigan to go to, when you want to breathe in fresh outdoor air and take in nature?*

Dave Krajovic: We both enjoy going to the Arboretum in Ann Arbor, Kensington Metro Park and Mayberry State Park. We also take great respite in our backyard, which has a variety of plant life, perennials and annuals.

***BZ:** Thank you both very much!*

Dave and Pat Krajovic: It is our pleasure. We appreciate all you do.

###

Creating Internal Resources with Cam Vozar • Oct. 14, 6:30-8 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. $10. Call 747-9073, cam.vozar@gmail.com.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • Either Monday or Tuesday night, based on interest • This process-oriented therapy group will guide women to move beyond 'surviving' life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to 'thrive' and block the expression of your most genuine self. $40 per session. Call 930-0864.

Falling Awake: A Mindfulness Approach for Depression and Anxiety with Lynn Sipher • Eight Thursdays, Oct. 15-Dec. 10; 6-7:30 p.m. • A skill based class to help you stay out of the negative thoughts and feelings that come with depression and anxiety. $320. Call 332-3365, lynnsipher.com.

Support Group for Highly Sensitive People with David Frankel • Monthly sessions TBA • The support group is based on Elaine Aron's book *The Highly Sensitive Person: How to Thrive when the World Overwhelms You*. David shares his successes and setbacks and facilitates sharing among group participants. Donations accepted. Contact leafimprint@yahoo.com.

Transpersonal Psychology

Ann Arbor Ken Wilber Meet-Up organized by Dennis Hunt • Sept. 12, 2-4 p.m.; Oct. 3, Nov. 7, Dec. 12; 2:30-4:30 p.m. at Crazy Wisdom Community Room • We will discuss the philosophy of Ken Wilber and related topics. $5-$10 suggested donation to cover costs. Call 658-7619, kenwilber.meetup.com.

Women's Health

Women and Mid-Life! with Sissel Bridges • Sept. 18, 19, Oct. 10 or Nov. 14; 9:30-Noon • If your life were a plant, what would it need? Menopause is a transition into a new season in your life. It is not an illness or disease. We want you to really feel confident and healthy. The end of one thing is always the beginning of another. Get to know more about what you want in your life, and make it happen in this two and a half hour class. $25. Call 340-3766, activecoaching.biz.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 62.

The Crazy Wisdom Calendar

Women's Health (continued)

Women's Series with Merri Walters • Merri will discuss the use and benefits of flower essences, herbs, and natural practices to strengthen health and reactivate vital "woman power". Early registration discounts available. Call Drew at 663-3160, sacredessences.com.

Rising Moon • Sept. 12, 1-4:30 p.m. • Rising Moon is the young woman's stage, with the mystery of the monthly cycle beginning and bringing mood swings, cramping, and headaches, along with feminine empowerment. The challenge is to balance, stabilize, and maintain the energies. $150 or $225 for mother and daughter.

Full Moon • Oct. 10, 1-4:30 p.m. • Full Moon finds feminine creative energy at its peak with fertility, pregnancy, birthing, mothering, jobs, and other creative endeavors in the world all converging. $150.

Moon-a-pause • Nov. 14, 1-4:30 p.m. • Moon-a-pause, when feminine creative energy transitions into the wise-woman phase of life, and the wisdom of the ages vies with menopause, hormone imbalances, hot flashes, memory loss, weight gain, and concerns about maintaining vitality and enhancing sexual energy flow. $150.

Womenspirit

Women's Circle Meditation with Kathi Finney • Sept. 24, Oct. 22, Nov. 19; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your own inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal not only yourself, but others, too. $15. Call 734-416-5200, info@bodyworkshealingcenter.com.

Wise Women's Circle with Karen Daniels • Sept. 17, Oct. 15, Nov. 19, Dec. 17; 7-9 p.m. • Our ongoing circle provides an opportunity for women to come together to support each other on our spiritual path. All spiritual paths are welcome. Together as a community, we have an opportunity to learn, to grow, to experience personal transformation, and to help each other on our journey. $10. Call 517-548-3481, karenlee@cac.net.

Women's Mastermind and Blessing Group with Ann Burton • Sept. 16, Sept. 30, Oct. 14, Oct. 28, Nov. 11, Dec. 16; 1-3 p.m. • We will explore the principles of soul and soul group connection, working on the inner and outer realms for manifesting, living in the flow, creating blessings, and energy medicine techniques based on the work of Orin and DaBen and Donna Eden. These meetings will strengthen your connection to your soul, higher purpose, and intuitive knowing. $20 each. Call 810-599-3302, ann@blessingpresence.org.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 25, Noon-1:30; Part 2: Oct. 2, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Contact melaniefuscaldo.com.

Writing

Ann Arbor Book Festival Fall Writer's Conference • Nov. 14, 8 a.m.-5 p.m. • A full day of sessions with individual leaders devoted to the art of writing - including poetry and fiction - sparking creative imagination and more. $75 includes lunch and two sessions. $100 includes lunch and three sessions. $125 includes above plus workshops and participants reading. Call Kathy at 369-3366, aabookfestival.org.

With Pen in Hand: Following the Compass of Your Heart with Jill Blixt • Seven Tuesdays starting Oct. 6, 6-9 p.m. or Seven Wednesdays starting Oct. 7, 9-Noon • Word by word, writing can be the compass for finding our truth. We can experience our deepest selves when we develop a regular writing practice. Writing can bring us in closer contact with our soul's wisdom and our spirit's passion. We can nourish our voice by taking up the pen and meeting ourselves on the page. $210 includes dinner ($30 per week). Call 665-4577, jillblixt@aol.com.

Yoga

Harmony Yoga of Ann Arbor Fall Classes with Karen Husby-Coupland • Sept.-Oct. session and Nov.-Dec. session • Harmony Yoga is a small, friendly yoga studio on Ann Arbor's West side. All classes are taught in the Iyengar method. Come try your first class for free! $70-$84 for seven-week session. Call 222-9088, harmonyyogaannarbor.com.

Integrating Yoga and Meditation with David Coupland and Karen Husby-Coupland of Deep Spring Center • Tuesdays, Sept. 22-Nov. 10; 7-8:30 p.m. • Yoga poses have traditionally been practiced to prepare the body and mind for meditation. We will explore the connections between these ancient spiritual practices as methods to expand awareness and center the mind in the present moment. $89 to Ann Arbor Public Schools Rec & Ed. Call 477-5848, info@deepspring.org.

Yoga Postures with Optional Lunch with Diane Kimball of Deep Spring • Wednesdays, 10:30-Noon • The class is taught by experienced Deep Spring yogis. Class structure will be sitting meditation, yoga postures, and relaxation. Please bring a mat and/or blanket to class. All welcome. Optional brown bag lunch after session. Donations appreciated. Call 477-5848, info@deepspring.org.

Vinyasa Flow Yoga with Ellen Livingston of Living Yoga • Wednesdays, 9:30-11 a.m. • Classes include meditation, philosophy, breathwork, and asanas, followed by a raw food snack treat. Comfortable home environment and small class size. $15 drop-in or 10% off multiple class pass. Call 995-0875, livingyoganow.com.

Free Trial Class with Sally Rutzky at The Yoga Space • Sept. 5, 11:15-12:15 • Come and try yoga and experience how good you feel after a class. It helps to balance all aspects of your body and how you cope with stress. Our teachers are skilled at accommodating for each student's needs. Free. Call Sue at 622-9600, yogaspace.info.

Yoga Classes with Sue Salaniuk, Nancy Udow, and Sally Rutzky at The Yoga Space • Sept. 8-24 or Oct. 26-Dec. 19 • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. Beginning and experienced yoga classes offered during the weekday, evenings, and Saturdays. $58 one hour, $77 for 90 minutes, $100 for two hours per series. For complete information, call Sue at 622-9600, yogaspace.info.

Ageless Yoga Class with Nancy Udow at The Yoga Space • Sept. 8-24 or Oct. 26-Dec. 19, Tuesdays 9:30-11 a.m. • This class welcomes students who need a slower, more supported approach for stretching and strengthening. $77 or $66 depending on the series. For complete information, call Sue at 622-9600, yogaspace.info.

Yoga Classes at Zen Buddhist Temple • For cost and information, call 761-6520, annarbor@zenbuddhisttemple.org.

Yoga Workshop • Nov. 7, 10 a.m.-4 p.m. • There will be posture and breathing classes, periods of sitting and walking meditation, yoga talks, and a vegetarian lunch.

Yoga I Class • Beginning Sept. 8 and Oct. 20: Six Tuesdays, 6-7:30 p.m.

Yoga II Class • Beginning weeks of Sept. 8 and Oct. 20: Six Tuesdays or Six Thursdays, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $60 for six sessions or $12 per class.

Yoga Serves Community Potluck with Christy DeBurton • September date TBA • Take your yoga practice off the mat and into our community. Join a service team and make new friends. We serve the hungry, the environment, the arts, youth programs, animal welfare, and other good causes. Free. Bring a vegetarian dish to pass. Call 761-8409, christydeburton.com.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of ten, to allow individual attention. Christy teaches all classes unless otherwise noted. Stay for tea after class! For description and fees, call 761-8409, christydeburton.com.

Monday:
5:45-6:45 p.m. • Vinyasa
7-8:15 p.m. • Hatha with Christina
Tuesday:
9:30-10:45 a.m. • Hatha
5:45-6:45 p.m. • Ashtanga/Vinyasa
7-8:15 p.m. • Energy Flow
Thursday:
9:30-10:45 • Vinyasa with Barbara
4:30-5:30 p.m. • Hatha
6-7:15 p.m. • Vinyasa
Saturday:
8:30-9:45 a.m. • Vinyasa
10-11:15 a.m. Energy Flow

Yoga at the Wall with Nancy McCaochan of Evolve Yoga • Sept. 26, 1-4 p.m. • A wall gives us support, teaches us about alignment, and cultivates sensitivity to our barriers. This workshop will present multiple ways in which a wall can enhance your practice. $30 with early registration discount available. Call 454-9642, evolve-yoga.net.

Hatha Yoga from an Awakened Heart at Arts in Motion Dance and Music Studio • Tuesdays, 5:30-6:30 p.m. • This class incorporates fluid body movements in circular, spiral, and undulating wave patterns. It taps into our own body's wisdom and feedback systems so that we can listen to our strengths and our limitations more clearly. $46.40 per month. Call Amanda at 222-6246, artsinmotion.net.

Anusara Yoga Workshop with Desiree Rumbaugh hosted by Michele Bond of Yoga House • Oct. 14, 10 a.m.-4:30 p.m. • Discounts available for attending both classes or for early registration. For cost, call Michele at 358-8546, yogahouseannarbor.com.

10 a.m.-1 p.m. • Yoga to the Rescue: From Pain to Possibilities • Anusara yoga is widely known for its remarkable and easy to understand therapeutics. Learn simple, precise techniques that can dramatically reduce pain and aid in healing injuries. Suitable for all levels. No yoga experience required.
2:30-4:30 p.m. • Anusara Yoga: Shining from the Inside Out • An uplifting array of asanas! Build on the transformative power of the morning's therapeutics and open to new possibilities in your yoga practice and in your life! A mixed level class.

Yoga Classes with Michele Bond of Yoga House • Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. Anusara brings us Universal Principles of Alignment that are an invaluable aid to learning the postures and deepening your understanding of the body. $12 if registered or $15 drop-in with permission. Call 358-8546, yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 5:45-7:15 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga.
Yoga for Athletes • Wednesdays 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases risk of injury, and can aid in healing pre-existing injuries.
Yoga Essentials • Tuesdays 5:45-7:15 p.m., Wednesdays 8-9:30 p.m. • For those new to yoga, or new to this system. Begin a journey into the principles and philosophy that can keep you interested for a lifetime.
Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $10.

Yoga Meets Dance with Natasha Shaffer • Mondays starting Sept. 7, 6 p.m. • Enjoy a fun and simple healing synergy of yoga, free and guided dance, community building, and stillness meditation - a sacred and sensual celebration of life. $12 drop-in or $50 for five classes. Call 239-3174, yogameetsdance.com.

Yoga for Athletes with Lisa Hesse • Sundays, 5 p.m. • Pair yoga with running to get stronger, faster, and less injury-prone. $12 drop-in or $60 for six classes. Call 323-3572, lisa@lisahesse.com.

Iyengar Yoga Classes with Laurie Blakeney at Ann Arbor School of Yoga • Ongoing classes offered • Come join progressive, safe, and transformative Iyengar yoga classes. For cost, call 663-7612, annarborschoolofyoga.com.

Iyengar Yoga Classes with Karen Ufer at Yoga Focus • Fall session: Sept. 8-Dec. 6 • This system of yoga stretches, strengthens, and enhances well being through the effort of muscles, organs, nerves, and circulation. $15 drop-in or $13 per class if signed up for Fall session. Call Karen at 668-7730, yogafocusannarbor.com.

Yoga Classes through Inward Bound Yoga • Fall Session: Sept. 10-Oct. 28, Late Fall Session: Oct. 29-Dec. 19 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, meditation for yogis, and vinyasa flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com. To contact Inward Bound: info@ibyoga.com.
Monday:
4:30-5:30 • Viniyoga to Music with Sandy
5:45-7:15 • Level 2-3 with Martha
7:30-9 p.m. • Enneagram
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette
5:45-7:15 p.m. • Level 1 with Janine
7:30-9 p.m. • Deepening the Practice with Dorothy Ann
Wednesday:
7:30-8:30 a.m. • Wake-Up Yoga with Janine
4-5:15 p.m. • Deepening the Practice with Dorothy Ann
5:45-7:15 • Level 2 with Lynette
7:30-9 p.m. • Level 2 with Martha
Thursday:
5:30-7:15 p.m. • Posture Flow to Music with Aileen
7:30-9 p.m. • Level 1-2 with Barbara B.
Friday:
7:30-8:30 a.m. • Wake-Up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15-12:30 • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga and Meditation Classes, Training Seminars, and Retreats with Ema Stefanova • Learn classical Satyananda style yoga and meditation. Various classes and events offered. For more information, including class descriptions, times, and fees, call 665-7801, YogaAndMeditation.com.

Yoga with The Wellness Community • Thursdays • Support your well-being through yoga postures, gentle movement, breath awareness, and conscious relaxation. No yoga experience necessary. For times, call Bonnie at 975-2500, bonnie@twc-semich.org.

If you would like to hold an event,

teach a class,

bring an
author to town,

give a lecture,

demonstrate your bodywork skills,

give massages,

LEAD A
SEASONAL
CEREMONY,

or,
organize a lunchtime group meditation in downtown Ann Arbor...

perhaps,
Crazy Wisdom Bookstore
& Tea Room is the place
to do it!

Call Rachel Pastiva or
Bill Zirinsky at Crazy Wisdom
734-665-2757

Astrologer

Richard Smoot

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Contact Richard Smoot at
734-320-2783 or E-mail at
richard@richardjsmoot.com.

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Teachers, Lecturers, Workshop Leaders and the Centers

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed ***in this current issue*** of the ***Crazy Wisdom Calendar*.** If you are a holistic practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. **Go to annarborholistic.com.**

Aaron is a spirit who has been a Buddhist monk and scholar in previous lifetimes and is a being of great love and wisdom. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition.

Dr. Aurore Adamkiewicz, ND, is author of the book *Beyond Natural Cures* and professor at the Naturopathic College of Ann Arbor. She is only one in ten of the entire U.S. selected for the Naturopathic Psychotherapy Program.

Laurie Akerros, BA, MA, LMT, is a teaching member of the Worldwide International Network of Esoteric Healing Group and has 25 years training and experience in holistic healing. Her formal education was in psychology and she is also a bodyworker, craniosacral therapist, energy healer, and vibrational essence therapist.

Don Allen is a trained Human Resources facilitator, teacher, and musician who has been leading drum circles for six years.

Layla Ananda, MA, LLP, is a local psychotherapist, musician, intuitive, and spiritual teacher.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. All belong to a massage therapy organization and are certified by the National Certification Board for Therapy Massage and Bodywork, which requires ongoing continuing education.

Arts in Motion Dance and Music Studio offers dance and music classes for toddlers, children, and adults.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher, and has taught connected breathing for over 25 years. She is a Certified Transformational Breath Facilitator and Senior Trainer.

Jeannie Ballew owns Chi Time and is a Level 3 Reiki practitioner and student of the Donna Eden approach to Energy Medicine.

Beth Barbeau, BS, is a Homebirth Midwife, Childbirth and Breastfeeding Educator, and an Instructor in the Holistic Labor Companion program at the Naturopathic Institute in Mt. Pleasant. With nearly 20 years experience in the field of birth, she is also co-owner of Indigo Forest.

Christopher Barbeau has 34 years experience as a stuntman, martial artist, and movement specialist. Founder of Ring of Steel, the nation's oldest and longest continuously running "stunt action theatre", he also runs summer stunt camps for children.

Ann Barden has been practicing Vipassana meditation and teaching for many years through Deep Spring Center. She lives in Ann Arbor and San Miguel de Allende, Mexico.

Barony of Cynnabar is the local branch of the Society for Creative Anachronism, an international educational organization that researches then recreates the art, sciences, and technology of pre-17th century Europe.

Robin Becker is an internationally recognized teacher who is a professional dancer and choreographer. Robin began studying Continuum in 1992 and became an Authorized Teacher in 2001. Throughout her life, she has been integrating movement, artistic expression, spirituality, and healing.

Rev. Dave Bell is an Interfaith minister who founded the Interfaith Center for Spiritual Growth in 1998 to honor the Truth found in all religious traditions.

Don Bennett has been thriving on a simple fruit and vegetable diet for years and has extensively researched the areas of disease avoidance, health creation, and nutrition.

Scott Berry has been a dedicated martial arts practitioner since 1991.

Cate Biddinger, MA, owns Noeticus Counseling Services and provides individual counseling and mandala workshops.

Bilva is a devotee and student of spiritual master Sri Dattatreya Siva Baba.

Laurie Blakeney is an advanced certified Iyengar yoga instructor and has been teaching in Ann Arbor since 1977.

Jill Blixt is a creativity and life transition coach, motivational speaker, and working writer/artist. Her career included 20 years as an owner/creative director of an advertising agency and seven years as co-founder/owner of one of Ann Arbor's acclaimed art galleries.

Carol Blotter has been practicing Vipassana meditation since 1989 and has been teaching since 1999. She is a teacher for The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth, and for Deep Spring Center.

Robyn Boone practices Reflexology, Healing Touch, Reiki, NLP, and medical intuitive training. She is a longtime student of A Course in Miracles.

Michele Bond has a strong background in martial arts, dance, and competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay. Her practice of yoga began in her teens and continues to unfold under the constant inspiration of her teacher, John friend, the founder of Anusara Yoga.

Susan Boyes, MA, ATR-BC, LPC, works part time at a clinic and runs her own private art therapy pracitce. A Board Certified Art Therapist, she is a Licensed Professional Counselor in Michigan.

Kathy Brady is a licensed, certified Signing Smart instructor and teaches beginning and intermediate baby sign language classes.

Marvin Brandwin is an Emeritus Professor of Psychology in the Dept. of Psychiatry at the Univ. of MI.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for over 25 years as a childbirth educator, doula, and midwife. Her books include *Whole Family Recipes*, *Guide to Homeopathic Remedies for the Birth Bag*, and *Vaccines and Informed Choices*.

Sissel Bridges, CPC, LMT, CSHH, CAM, EFT, is a Master in Psychology from Norway, a Licensed Life Coach, and Licensed Massage and Bodyworker.

Barbara Briner has been teaching Esoteric Healing since 1989.

Barbara Brodsky is founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1986, she draws on dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is channel for the spirit, Aaron.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer, and teaches workshops that emphasize transformation and integration and performs personalized wedding ceremonies.

Ann Burton, PhD, has been exploring the human potential for over 25 years and energy medicine techniques for over 15 years.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education programs for professionals, holistic approaches, lending library, and community resources.

Karen Chalmer has been a repository of songs and chants and a follower of natural cycles for over half a century.

Elaine Chottiner is a Medical Oncologist with St. Joseph Mercy Cancer Center.

Chrissie Clipper is a professionl business consultant specializing in healthcare business development and management consulting. With nearly 20 years experience, she has assisted clients in outpatient rehab, home health care, skilled nursing, and inpatient hospital rehab, as well as solo practitioners.

Rev. Lorri Coburn, MSW, worked as a psychotherapist for 25 years and is the author of *Breaking Free, I'm Going Home* and *How Forgiveness and A Course in Miracles Can Set You Free*.

Kathy Coffey is the author of *Hidden Women of the Gospels*, *Women of Mercy*, and *God in the Moment: Making Every Day a Prayer*. The mother of four, she lives in Denver, Colorado.

Cynthia Conklin has been sole proprietor at Eastern Sun Shiatsu since 2001 and has been practicing Shiatsu since 1992. She is a graduate of the Ohashiatsu School and an apprentice of Kazuko Kuratomi.

Keith Copeland has taught authentic ninja martial arts in Ann Arbor for over a decade. He is also a human behavior and organizational development consultant.

Tammy Corwin-Renner's current favorite song is Be True by Terry Garthwaite: "Your heart will never break if your life is what you make it. Take it in your hands, let your spirit dance. Your dreams are coming true when you're loving what you're doing. To yourself be true, your heart is calling you."

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Lynne Crandall has been an astrologer for more than 20 years and is an astrology columnist.

Creative 360 in Midland provides diverse and unique opportunities for all people to be involved in multiple aspects of the creative life, through exposure to the creative community we encourage and support.

Judy Crookes is a conscious channel who brings through the energy of Jacob, who has the ability to love and empower people through group work, meditation, ceremony, and personal intensives. Jacob has written many articles and has been published in *The Sedona Journal of Emergence*.

Karen Daniels is a women's circle facilitator, workshop leader, spiritual coach, and longtime student of Transformational Spirituality.

Kristi Davis has an MA in Transpersonal Drama Therapy Studies and Psychoneuroimmunology and is a Registered Drama Therapist Candidate.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

LaRene Dell, ND, has taught Shiatsu, advanced bodywork methods, and meditation for years, originally in Seattle and Santa Fe. She is a clinical doctorate graduate of Bastyr, 1991.

Ronda Pretzlaff Diegel, PhD, LP, is a licensed psychologist, school psychologist, registered yoga teacher, and certified Enneagram teacher.

Krista Dragun is a certified Birthing From Within mentor, mother, and birth and postpartum doula.

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Questions for Melanie Fuscaldo, Career and Transitions Counselor

***Bill Zirinsky:** Melanie, you've been doing interesting work with transitions and career changes for a long time now. What's most interesting to you about this work? And what do you most love about this work?*

Melanie Fuscaldo: I deeply enjoy getting to know the people who come to me and being a part of their life transitions. By life transitions, I refer to changing careers, health issues, death, traumatic situations, and changing relationships. My work is so fulfilling that I would keep doing it, even if I won the lottery. Clients want to change or to cope with the changes around them, and I get to observe amazing transformations take place. Sometimes, it seems like what is taking place is not just life transitions, but life transformations. I see clients beginning to live the life of their dreams.

I have a gift of being able to move into a state of flow and deep intuition, beyond ordinary perception, and connecting at a very deep level. I am aware of patterns shifting, of energy flowing. I experience their joy when they release what holds them back and open to new opportunities. It is so amazing to see how rapidly things change on the outside after they change on the inside.

I still do the practical work of helping clients plan career transitions, enhance resumes, and set and attain goals, but the greatest joy comes from the deep connection, flow and oneness.

***BZ:** What's most frustrating or challenging about working with people on life transitions and career changes?*

Melanie Fuscaldo: It's difficult when someone making great breakthroughs has to discontinue due to finances. On the positive side, some people have sponsored life coaching for others.

***BZ:** It's all well and good to help people transition to more satisfying work lives when the times are good, but what's it like now? In a difficult economy such as the one we're facing in Michigan right now, are you seeing a greater sense of desperation on the part of some of your clients?*

Fuscaldo: Some people are more anxious now. However, many make it an opportunity to move in positive new directions.

***BZ:** You also are leading workshops related to Eckhart Tolle's work. Tell us briefly about that, please.*

Fuscaldo: We practice releasing the ego and moving into a peaceful equanimity, from which one may intuit one's inner purpose and how to move ahead. The results are remarkable. One client said, "I've been through therapy for years with a number of therapists and nothing seemed to work. This has changed me."

***BZ:** I also know you are incorporating the Emotional Freedom Technique into your repertoire. What is it? What is its power, and why are so many practitioners drawn to it?*

Fuscaldo: EFT is an extremely effective method for eliminating negative emotions, thoughts and physical symptoms. It uses simple acupressure tapping techniques, which can take as little as 60 seconds to apply. One can also use EFT to instill positive joyous states. I use EFT and other cutting-edge energy medicine and energy psychology methods, such as PsychK, a method for achieving accelerated learning and peak performance. Improvements that used to take months now often take place in a fraction of the time. One client with depression and suicidal thoughts from being assaulted released these completely within a session.

These techniques provide great potential for decreasing work-related stress and increasing individual and workplace productivity. Information on free introductory sessions and special workshops is at melaniefuscaldo.com.

***BZ:** And you are involved with music, in various ways, yes?*

Fuscaldo: I love music. I am working on *JOY SONG,* an organization for children and adults to join in joyful and uplifting song, serve others, and use techniques like EFT, to release negativity and have a free and joyful life.

My work is so fulfilling that I would keep doing it, even if I won the lottery. Clients want to change or to cope with the changes around them, and I get to observe amazing transformations take place. - Melanie Fuscaldo

BZ: Being involved with transitions, are you good at transitions, yourself?

Fuscaldo: I successfully transitioned in 1992 from career counseling at UM, into private practice. I've used humor, meditation, and energy psychology methods to achieve major breakthroughs in my life. My participation in Dave Winfree's Higher Consciousness Group, at the Interfaith Center, has been tremendously helpful to me and others, enabling the experience of higher states, which lead to major transformations.

***BZ:** If you were to transition into a whole new career, what would that career be? And if you were to transition into a whole new adult life, what might that look like?*

Fuscaldo: I am doing much transitioning *right now*. I am working on *JOY SONG*. My life coaching has changed from transitioning to transformations. Dave Winfree and I are planning sessions and retreats, and collaborating on publications and a website to teach Higher Consciousness methods to a wider audience.

***BZ:** Where haven't you been in the world that you would most love to travel to?*

Fuscaldo: I would love to do a retreat in Bali.

***BZ:** Thanks, Melanie.*

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Teachers, Lecturers, Workshop Leaders and the Centers

Laura Dunham is a Detroit native and part-time resident and has spent a lifetime helping people make life-enhancing decisions throughout her careers in higher education, financial planning, and ordained ministry. A spiritual energy healer, teacher, and author of five books, Laura shares her expertise with audiences worldwide. Her newest book is *Spiritual Wisdom for a Planet in Peril: Preparing for 2012 and Beyond*.

Kate Durda, MA, and **Stephanie Tighe**, MSW, are shamanic practitioners who present workshops on Shamanism and are graduates of the Foundation for Shamanic Studies. They have trained with Sandra Ingerman to teach Medicine for the Earth workshops.

John Effland is a stone craftsman, shamanic practitioner, yogi, and kirtan leader who has extensively studied the energy medicine of the Andes with Alberto Villoldo and his Healing the Light Body School.

Connie Lee Eiland has been a shamanic practitioner for nine years and has studied with Sandra Ingerman, Betsy Bergstrom, and Ana Larramendi.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt is a local author, teacher, and private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology, and has written three books.

Bon Rose Fine, a student of astrology since 1993, offers consultations, teaches, lectures, and continues to learn about how the condition of the universe correlates to circumstances here on earth. She serves as president of SMART, a chapter of NCGR (National Council for Geocosmic Research).

Sandra Finkel, MPH, is a stress management specialist with over 25 years teaching meditation and mind/body techniques. A life coach for nine years, she teaches group stress management classes and provides private consultations. She met Gelek Rimpoche in 1980 and is co-founder of Jewel Heart.

Kathi Finney has extensive experience in meditation, astrology, crystal healing, intuitive healing, and women's empowerment, with advanced training in Esoteric Healing.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Jennifer Flowers is a Reiki Master and teacher of all levels of Reiki since 2003, and is a wife and mother.

Christine Fodor "Sheenadwah" is a Reiki Master/Teacher and facilitator of Emotional Body Healing, Mahatma Ascension Reiki, Triple Flame, and Cranialsacral Therapy.

Deb Foggio is an intuitive life path counselor and customizes programs with life coaching, psychic development, and systemic constellations.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S., and Canada, and is a Reiki Master.

David Frankel, MPH, is a personal growth coach specializing in supporting highly sensitive people. He has taught classes in relaxation, creative visualization, and other self-help techniques.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*.

Dr. Molly McMullen-Laird and Dr. Quentin McMullen practice Anthroposophic Medicine. They operate an outpatient clinic and an in-patient health center on the West Side of Ann Arbor.

Erin Fry, JD, RScP, is an attorney, mediator, and licensed practitioner with the United Centers for Spiritual Living.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body, mind, and spirit. The Center offers ritual and ceremony, workshops and seminars, and health oriented classes and services.

Gelek Rimpoche, born in 1939 in Lhasa, Tibet, has played a crucial role in the survival and transmission of traditional Tibetan Buddhism. He is among the last generation of Tibetan Lamas fully trained in Old Tibet, pre-1959. In 1988, he founded Jewel Heart, a Tibetan Buddhist Center, with chapters throughout the U.S., Malaysia/Singapore, and the Netherlands.

Ann-Margaret Giovino is a Certified Postural Alignment Specialist through Egoscue. She coaches clients to become pain-free, injury-free, and strong.

Aura Glaser, PhD, is a clinical psychologist in private practice who integrates Eastern contemplative teachings and Western psychology, with an emphasis on unconditional presence and embodied awareness. She met Gelek Rimpoche in 1980 and co-founded Jewel Heart. She is the author of *A Call to Compassion: Bring Buddhist Practices of the Heart into the Soul of Psychology* and is the original owner of Crazy Wisdom Bookstore.

Ray Golden, MSE, Reiki Master, founder of Center for Intuitive Health, teaches Reiki, energy healing, and intuitive development classes for people and animals. He has studied psychic development for over 25 years, and has also studied quantum reflex analysis, enersense, Reiki jin-kei-do, esoteric healing, nutrition, touch for health, channeling, shin ji, and zero point process therapy.

Alan Gordon studied with the Michigan Astrological Research Society in the seventies and worked as a Renaissance festival astrologer, seeing as many as 600 clients per year. He holds a BS in psychology, is an REEG technologist, and worked in inpatient psychiatry for 20 years.

Keith Gottschalk is in the Dept. of Politics at the Univ. of the Western Cape and a longtime anti-apartheid activist with the African National Congress. He also writes political poetry.

Jocelyn Granger, Director, is founder of AAIMT. She has extensive training in various massage modalities, including Myofascial Therapy, Neuromuscular Therapy, and Sports Massage, and instructs advanced courses across the country.

Great Lakes Center for Healing Touch student training clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community at a reasonable rate and assisting students of Healing Touch to become practitioners.

Deva Green is daughter of world renowned Jeffery Wolf Green, founder of Evolutionary Astrology.

Barbara Harvey has over 25 years experience in crafts and quilting.

Alice Greminger has specialized in empowering people though Alexander Technique since 1985.

Nirmala Nancy Hanke is a longtime meditator and teacher of meditation at the Lighthouse Center. A psychiatrist, she integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Elizabeth Hazel is an astrologer, tarotist, and author, and released her original *Whispering Tarot* and accompanying book in 2008. Her literary work includes editing the American Tarot Association's Quarterly Journal, and she was the sole American lecturer at the 2008 Tarot Conference in Britain.

Margaret Heinz, OP, was the director of Pastoral Care and Hospital Chaplain at Ravenswood Hospital in Chicago for 22 years, where her ministry focus was on the areas of critical care, emergency room, and oncology unit patients and families.

Penni "Raksha" Helsene is a Reiki Master/Teacher and Ordained Spiritual Minister.

Chris Hendrickson is a LMSW.

Pat Hergenroether, CSJ, is a Sister of the Congregation of St. Joseph.

Lisa Hesse is a certified yoga instructor, coach, and personal trainer.

Sierra Hillebrand, MA, is a midwife, doula, and psychotherapist providing clinical services to women and their families since 1997.

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Dan Hoffman is a Certified Massage Therapist who has been practicing Martial Arts and Standing Meditation to improve his body/mind connection and hopes to help others find more freedom in their bodies and lives.

Vic Hola is a Registered Nurse from Univ. of MI.

Nina Howard is the owner of Bellanina Day Spa and Institute. A metaphysician for 30 years, she is also a massage therapist, esthetician, artist, author, and educator.

Dorothea Hrossowyc, MA, has many years experience as an educator, trainer, and personal empowerment consultant and has led workshops and classes in women's empowerment, men's liberation, building self-esteem, couples and relationships, parenting, eliminating racism and prejudice, and healing from early sexual and physical hurts.

Ann Hughes believes that piece work and soul work go hand in hand, and that both are creative acts of the individual spirit.

Dennis Hunt has read most of Ken Wilber's books and participated in three seminars through Integral Institute.

Karen Husby-Coupland of Harmony Yoga of Ann Arbor is a certified Iyengar Yoga teacher. She has taught since 1999 and has been practicing yoga since 1993.

Mark Hutton is an entrepreneur in Ann Arbor and longtime meditator at the Lighthouse Center.

Indigo Forest: Holistic Family Center in Ann Arbor provides one-stop support through classes and prodcuts that nurture healthy pregnancies, parenting, and lifestyles.

Molly Ann Indura is a channel who helps her clients clear issues that are energetic, physical, mental, emotional, and karmic in nature. She is also a Kabbalist, adept, and teacher.

Inward Bound Yoga is a seasoned community of trained, experienced, longtime yoga instructors who teach at Friends Meetinghouse in Ann Arbor.

Martin Iott, OP, a Dominican friar of the Southern Province, has spent most of his 37 years as a priest in the ministry of preaching, giving both retreats and parish missions.

Fred Janney, LMSW, is a mental health professional and student of Anthroposophy for over 25 years. He was former president of Great Lakes Association of Handwriting Examiners.

Maret Johnson is a Registered Nurse with an interest in the healing arts.

Shirley Joy is a workshop leader, coach, and retreat facilitator.

Esther Kennedy, OP, MSW, brings her love of the labyrinth, of myth and the power of story to her work. She is Director of Spirit Mountain Retreat in Idyllwild, CA.

Mary Sue Kennedy, OP, a Dominican Sister of Adrian, is currently a spiritual director and workshop facilitator. She has ministered as Vicar for Religious in Toledo, and has served as religious educator, director of Weber Retreat Center, congregational leader, and teacher.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Gaia Kile, FNP, is a Family Nurse Practitioner with over 10 years experience in natural and holistic approaches to disease and health. He received his Masters in Nursing from U. of MI., completed advanced training from the Center for Mind-Body Medicine, is certified in therapeutic lifestyle counseling, and provides direct care at a holistic primary care clinic in Ann Arbor.

Shala Kilmer offers private readings for an international clientele and teaches various development classes.

Sang Kim is a Qi-Gong healer and teacher of Tai Chi and Ba-gua martial arts. He has 20 years experience and has been teaching spirituality, meditation, and healing.

Martha Kimball, ACSW, BCD, is a clinical social worker for over 23 years with specialized training in mindfulness meditation, family systems, logotherapy, and managing stress.

Harley King is a professional trainer/speaker who has written 12 books of poetry and two books of non-fiction.

Tony King, PhD, has been a student of Gelek Rimpoche for 20 years, is a Jewel Heart instructor, and has led Buddhist and secular meditation courses, therapy groups, and meditation retreats. He is also a research faculty member in the Dept. of Psychiatry at U. of M.

Tess Kirby and **Judy Hallas** are Organizational Consultants and have been studying Pathwork since 1996. Tess has completed the Toronto Helpership Certification Program and is presently apprenticing. Judy is in her final year of the Great Lakes Helpership Development Program.

Sang Kim is a Qi-Gong healer and teacher of martial arts called Tai-Chi and Ba-Gua. He has 20 years experience and teaches spirituality, meditation, healing, and martial arts.

Brad Kuchunas is the author of *The Astrological Imagination: Where Psyche and Cosmos Meet*. He is licensed as a clinical counselor, certified as a professional astrologer, and has worked in prison mental health for over two decades using astrology in his counseling practice.

Dave and Pat Krajovic, founders of The Global Breath Institute, are Certified Transformational Breath Facilitators and Senior Trainers, and are Nationally Certified Massage Therapists with training in Craniosacral Therapy, Pranic Healing, and Esoteric Healing.

Laurie Krauth, MA, LLP, an Ann Arbor psychotherapist since 1994, is an anxiety specialist who also has expertise in individual couples treatment of sexual, relationship, and LGBT issues, and depression.

Robert Kropf is a graduate of the Rubenfeld Synergy Method, the Alexander Technique, and Craniosacral Therapy.

LCAS is The Learning Center for Astrological Studies in Mason.

James LeBoeuf has over ten years in the trance journey experience.

Keleigh Lee is a Workplace Lactation Specialist trained by the U.S. Dept. of Health Resources and Health Administration as part of the Business Case for Breastfeeding initiative. She has been working with employers and employees to ensure breastfeeding success through the Washtenaw County Breastfeeding Coalition, is a La Leche League leader, and mother of three (soon to be four!).

Mary Light, ND, MH, is the founder of Naturopathic College of Ann Arbor.

The Lighthouse Center in Whitmore Lake is a nonprofit spiritual organization devoted to meditation and ahimsa, loving in peace with all beings. The Center makes monthly donations to others in need, including the Whitmore Lake Health Clinic and Sasha Farms in Manchester.

Ellen Livingston has been thriving on a simple fruit and vegetable diet for years and has extensively researched the areas of disease avoidance, health creation, and nutrition. She is a registered yoga teacher.

Kerry Lizon and **Merilynne Rush** are both former homebirth midwives who offer consultations regarding after death care.

Rafe Martin is author of over 20 books and winner of four Parent's Choice Gold Awards, three American Library Association Notable Book Awards, and two Anne Izard Storyteller's Choice Awards. He is a storyteller and Buddhist teacher.

Nancy McCaochan, MA, ERYT200, teaches weekly wall classes and has recently published a book about how to use the wall to deepen one's experience of yoga postures.

Barb McConnell, LPN, CHTP/I, is a Licensed Practical Nurse, Certified Healing Touch Practitioner, and Instructor for Levels 1 and 2, with a private practice in Grass Lake. She has over 30 years experience in clinical, industrial nursing and industrial management.

Jane McLaren is a trained facilitator of Systemic Family Constellations, an Avatar Master, and Director of Avatar International Institute.

Molly McMullen-Laird and **Quentin McMullen** are both MD's at the Rudolf Steiner Health Center in Ann Arbor, offering traditional Anthroposophic medical care and healing modalities.

Lani Kwon Meilgaard, MA, is a transformational empowerment coach, writer, and public speaker and is a member of the International Coach Federation.

Michigan Friends Center in Chelsea seeks to promote environmental stewardship and social justice.

Marilyn Migliore, MS, RD, ACSW, BCD, is a registered dietician and board certified social worker in Cardiovascular Medicine, and is a member of the Eating Disorders Professional League of Michigan.

Madelyn Miller, RN, is a Certified Family Nurse Practitioner and healer who has trained in several healing energy techniques, incorporating traditional and nontraditional healing methods for more than 30 years.

Richard Miller has studied under Gao Dao Shan in Taiwan, Adam Hsu in San Francisco, and He Jinbao in China, and has over 30 years training.

Jennifer Rivas Murillo is a veteran Spanish instructor and mother of a bilingual three-year-old.

Joanna Myers, Midwest Regional rep for the Feldenkrais Guild of North America, is a workshop presenter and was featured in the *Detroit Free Press* in April 2008 for her teaching at the Ann Arbor YMCA.

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987.

Mariah Newborne is a licensed esthetician and is certified in Jin Shin Jyutsu, Reiki I, II, and III, MariEl-Reiki, and Acupressure. Receiving her BA in Art in 1980, she practices in Ann Arbor and offers natural skin care and healing work.

Shelby Norment is a certified personal trainer, gymnast, and sports enthusiast.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979 and lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Nicole Pacquin, CTN, is a graduate and instructor at the Naturopathic Institute of Therapies and Education in Mt. Pleasant. She is nationally certified by the American Naturopathic Certification Board and is co-owner of Indigo Forest.

Glenn Pailthorp is a clairvoyant trained in spiritualist and shamanic traditions, and certified in hypnotherapy and neurolinguistic programming for 17 years.

Milagros Parades is a shiatsu therapist practicing since 1994. She has spent the last eight years seeking an understanding of and solution for her son's digestive disorders.

Craig Parian trained at the International School of Shiatsu under Saul Goodman. Beginning in the sixties, his journey has included in depth study of yoga philosophy, third level mastery of Himalayan bowl healing, and his personal energy healing work.

Sifu Genie Parker has trained and taught Wu Style for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and Gatekeeper of the Wu Style.

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Performance Network Theatre is Ann Arbor's only professional theatre.

Pat Perkins is currently president of LCAS and a former longterm employee of the State of Michigan as a personnel specialist.

Polaris Fellowship of Weapons Study supports its students' abilities to walk their personal paths through teaching self defense and martial arts skills and perspectives.

Quest Martial Arts instructors help students learn in a safe environment while having fun, emphasizing the student's development through both physcial skills and life skills.

Connie Ranshaw is a psychic intuitive astrologer and former administrator for the LCAS, and served as an officer for the Michigan Federation of Astrologers.

Carole Ray is one of the original founders of the Learning Center for Astrological Studies.

Barbara Robertson, MA, IBCLC, is director and owner of the Breastfeeding Center in Ann Arbor, board certified lactation consultant, and breastfeeding educator.

Jonathan Rudinger, RN, LMT, is a pioneer in the field of canine massage. He is an instructor and author of many books and dvds on the practice of pet massage for dogs.

Desiree Rumbaugh teaches from the experience of over two decades of practice and is regarded as one of the top yoga instructors in the country. She is a regular contributor to various organizations and publications, including *Yoga Journal*, where she was featured on the February 2008 cover, and has recently released her third dvd in the widely acclaimed Yoga to the Rescue series.

Barbara Boyk Rust, PhD, private practice psychologist for 20 years, conducts groups, classes, and workshops in addition to offering individual psychotherapy for personal and spiritual healing, growth, and development.

Sally Rutzky holds an Introductory yoga certificate and has taught for 27 years.

Sue Salaniuk holds a Junior Intermediate III yoga certificate and has taught for 21 years.

Lee Schaberg is a Certified Oneness Blesser, Levels I and II with Oneness University.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a public charity near Lansing. Its aim is to support those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Elizabeth Shadigian, MD, is a board-certified obstetrician/gynecologist, teacher, researcher, and consultant specializing in the safety and well-being of women. She founded the Battered Women and Children's Memorial Garden and recently opened a private practice, WomanSafeHealth.

Natasha Shaffer is a certified Yoga Meets Dance instructor and has been teaching and dancing for 12 years.

Sarah Ann Sharkey, OP, an Adrian Dominican, teaches Scripture at Oblate School of Theology in San Antonio. She is active in providing adult education programs and workshops on the study of the Bible on parish and diocesan levels.

Judy "Sohun" Shepard is certified in Hypnotherapy, EFT, and Reiki, and is a student of meditation.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

Lynn Sipher, LMSW, has been providing individual, couple, family, and group therapy for 24 years and practices mindfulness meditation.

SMART is Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research. This group of astrology students and professionals have been meeting since 1994, and use their association for networking, engaging speakers, and discussing matters of concern and interest to astrologers.

Prema Lindsay Smith, RN, BSN, is the proprietor of Inner Balance Therapy and has been in private practice for over 30 years, specializing in craniofacial therapy, massage, and bodywork. She is a faculty member of AAIMT and teacher for 11 years, and was formerly triage nurse in Internal Medicine and primary nurse in Adult Rehabilitation for 16 years.

Spirit Weavers is an organization dedicated to providing experiential training in shamanism and offering shamanic healing, locally and long-distance.

Jaminda Springer has been working in child care and education for over 18 years. She manufactures and sells baby carriers and slings through her company Nato Bello.

Ema Stefanova, owner of Ann Arbor Yoga and Meditation, is a yoga and meditation master, accomplished yoga therapist, and trainer since 1979. She guides and inspires in all aspects of holistic, therapeutic, and spiritual yoga and belongs to the world renowned Satyananda Yoga lineage.

Gari Stein, educator and consultant since 1966, is owner and director of Music For Little Folks for children birth to age eight and their families. She is an active member of the early childhood community with degrees in Child Development and Dance, and is the author of *The More We Get Together: Nurturing Relationships through Music, Play, Books, and Art*.

Lynn Storch is a Registered Dietician.

Kate Stroud is a certified birth doula, childbirth educator, certified massage therapist, belly caster, and mother of two.

Andrew Taylor is a life enrichment teacher and 1:1 coach, artist, actor, author and creative writer, and leads events and workshops.

Janene Ternes is a commissioned spiritual director through the Ignation Spirituality program at Manresa Jesuit Retreat House and founder of Prayer in Motion, LLC in 2003.

Paul Thompson and **Jim Thomas**, CP, are accomplished in their field of prayer, having studied spiritual direction, theology, and other related areas.

Paul Tibaldi is a personal trainer specializing in functional training and athletic performance, and has 30 years fitness experience.

Mary Tillinghast has managed Castle Remedies for over 25 years and has received hands on training with Dr. Lev Linkner, having worked with him in his medical practice.

Transition Ann Arbor aims to ignite the Transition Towns movement in Ann Arbor through cultivating creative local responses to the challenges of peak oil, climate change, and economic instability.

Nancy Udow holds an Introductory yoga certificate and has taught for 13 years, and has a background in dance.

Karen Ufer is a certified Iyengar yoga teacher for 25 years and is owner of Yoga Focus, celebrating its 16th year in Ann Arbor.

Violeta Viviano is a teacher in John Friendlander's system, working with him for close to 20 years. She has a degree from Wayne State Univ. and lives with her family in Ann Arbor.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice who has worked with men and their families for over 20 years. He has led and participated in numerous men's groups and is a Level II EMDR certified therapist.

Merri Walters has been a holistic health practitioner in Ann Arbor for 30 years. Working with, creating, and teaching about flower essences have been an integral part of her practice.

JoAnn Weber, LMSW, is a licensed Masters of Social Work and a certified Enneagram teacher.

Joan Marie Weithman, OP, an Adrian Dominican, serves as hospital chaplain at Palos Community Hospital in Illinois. She ministers for the terminally ill, those in the psychiatric ward, and to staff, and is involved in a pet visiting program.

The Wellness Community in Ann Arbor aims to help people with cancer and their loved ones enhance their health and wellbeing through participation in professional programs of emotional support, education, and hope.

Christia West, BS, NCTMB, is a graduate of AAIMT and instructor, and has practiced massage therapy since 1999 in a thriving private practice.

Suzy Wienckowski, Reiki Master, Registered Massage Therapist, has 29 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Eve Wilson is a full-time healer and trainer of healers since 1986, and partners with ascended masters, archangels, and etheric surgeons to treat the cause of disease.

David Winfree has explored a wide range of spiritual practices and has significant experience in facilitating spiritual growth groups. After he experienced a profound shift of consciousness, he began his current teaching ministry through the Interfaith Center.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor and a Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and Certified Transformational Breath Facilitator.

Lisa Wolf, MA, LLP, is a clinical psychologist in private practice in Ann Arbor.

Francis Worden is a Medical Doctor.

Yoga Serves is a group of local yoga teachers and practitioners who know that yoga serves on many levels, creating community through the fun of serving others together.

Wasentha Young is a Master of Tai Chi Chuan and Chi Kung with over 39 years experience. She is a certified acupressurist and holds a Master's degree and a Wellness Counselor in Mind/Body Consciousness certificate from the Institute of Transpersonal Psychology.

Sandi Zak owns Higher Connections and is an Energy Touch Practitioner, Reiki Master, Karuna Master, and graduate of the Healers Development program.

Ann Zalek, BS, NCTMB, CEIM, is a certified educator of infant massage, certified educator of Dunstan Baby Language, a nationally certified massage therapist, and a Third Degree Reiki Master/Teacher at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor.

Karlta Zarley, RN, CHTP, has 28 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for ten years in the Ann Arbor area as a professional Healer and Educator, providing spiritual direction, energy work, colored light therapy, and patient advocacy.

Cheryl Zuzo holds a BS in Elementary Education and an MA in Common Learnings in Curriculum. She loves teaching first grade and hopes to share her empowering messages to treasures around the world.

Writers/Journalists/Essayists Wanted

We're interested in journalistic articles, fiction and non-fiction stories, personal essays, commentary, thought pieces, and interviews with interesting people in the wider holistic community. For more information, or to suggest story ideas, contact Bill Zirinsky at bill@crazywisdom.net or call him at the store at 734-665-2757.

Music Reviews

by Sarah Newland

Kundalini Meditation Music cd

featuring Snatam Kaur, Harijiwan Khalsa, Guruganesha Singh, and Gurunam

KUNDALINI
meditation music
featuring
SNATAM KAUR • HARIJIWAN KHALSA
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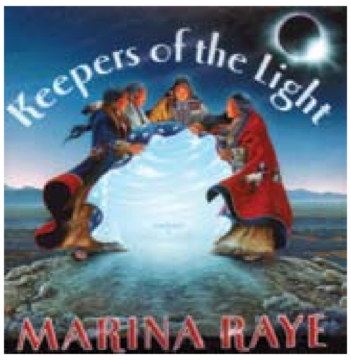
JOSEPH MICHAEL LEVRY (GURUNAM)

Cultivate inner peace and outer harmony with the power of sacred music from the Kundalini yoga tradition to inspire healing and harmony in your life. This cd offers seven uniquely focused chants, mantras, and gong tones selected for their beneficial effect on relationships, prosperity, health, and more. Infused with the pure energy and bliss of artists steeped in the Kundalini tradition, this album weaves heartfelt vocals with ancient and modern instrumentation to create a vibrational bridge that connects your deepest dreams and aspirations to reality. Whether you chant along or simply listen, Kundalini Meditation Music is an invitation to manifest your highest potential and inspire your spiritual evolution. And for Snatam Kaur fans, this cd is a must! Includes booklet with full lyrics and practice instructions to enrich your listening experience. Shelved with Chant music. *$17.98*

Keepers of the Light cd

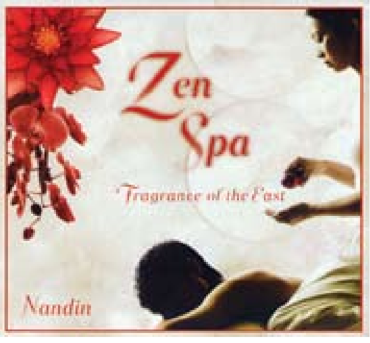
by Marina Raye



"The feminine voice of the native flute" has produced a new cd to lighten your journey. Marina Raye plays heartfelt melodies on her handcrafted native flutes. Guest artist H.G. Moses provides soulful viola accompaniment and sacred harmonic overtones, creating an interesting marriage between classical orchestral music and traditional native flute songs. He writes, "I was honored to create these overtone arrays to match Marina's uniquely expressive flutes. Each Harmonic Drone provides both a firm grounding and a shimmering upward energy, allowing the music to fly between Heaven and Earth." Perfect for peaceful introspection and the healing arts, this album uses the eclipse as a metaphor of the dramatic changes occurring on our beloved Earth. Marina says, "When times appear chaotic and filled with darkness, the Keepers of the Light are the ones who hold the vision of the New Earth." Marina Raye was born in the Congo where she spent her first ten years. She draws inspiration from her deep love for the Earth as she shares her vision of the awakening of peace in every heart. Marina and her husband, Charlie Oakwind (who handcrafts her Lakota style flutes), live in western North Carolina in a solar-powered home. They are both committed to living gently on the Earth. A personal favorite, I'm thrilled with her new cd! Shelved with Native American music. *$16.00*

Zen Spa cd: Fragrance of the East

by Nandin



While the magical sound of Nandin's flute creates a tranquil and spacious surrounding, the use of ragas (Indian scales) adds an exotic eastern flavor to this new cd. In Hindi, raga means "mood" or "color" and evokes a particular atmosphere, often related to the time of day and season. Over the centuries, the playing of these ragas has evolved into a form of meditation - a way to reconnect with our inner peace. Nandin's flute and percussion are accompanied by Manish Vyas on santoor and tambura, with Sadhu Bolland on Indian harp. Specifically designed to create a healing atmosphere, Zen Spa is well suited for massage, spas, healing arts, meditation, and personal well-being. Composed of four pieces, I particularly like the second track, The Call of the Goddess, which invokes the Hindu feminine embodiment of power, or Shakti. It begins with her clear call on the flute, followed by her softer side as the music becomes more calm and mellow, moving towards Raga Tilang with its overtones of yearning - a yearning that leads us to our true nature. Each song is gentle and sweetly melodic with lovely harp throughout. Shelved with Meditation music. *$16.98*

Nirvana Groove cd

by David and Steve Gordon

DAVID & STEVE GORDON
nirvana groove
Discover a Blissful Escape
groove

Discover a blissful escape! Unwind with sensuous global grooves for chilling out or yoga from The Gordon Brothers, producers of the award-winning European electronica Buddha Lounge series. This is a new soundtrack made for relaxation as the Gordons team up with three of the most creative electronica producers to create their most sensual set yet, featuring an elegant sound palette of hypnotic beats, piano, guitar, exotic vocals, and ethnic instruments. A continuation of the process they began on their recent album, Yoga Planet, the Gordons started with the basic track elements from their native and drumming world music albums and remixed them as downtempo chill/lounge songs. Their signature "global electronica" style is infused with ethnic elements and rhythmic beats, yet remains calming. This album would also be excellent for runners for its upbeat style. Shelved with World music. *$15.98*

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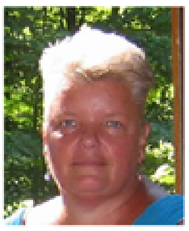

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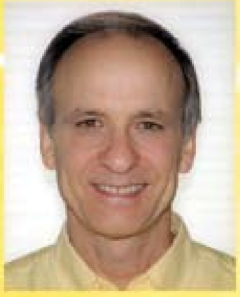

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